OFFICIAL PUBLICATION OF THE CANADIAN CAMPING ASSOCIATION

CANADIAN CAMPING

June 1960, TORONTO, CANADA

Manufacturers
of
the famous
Quickset
Quality
Food Products
for Camps
anywhere
in Canada

Jelly Powders
Pudding Powders
Pie Fillings
Cake Mixes
Table Syrup
Fruit Beverages
Hot Chocolate
Flavorings
Soup Bases
Marmalades
Jams
Instant Puddings
Fruit Pie Fillings
and
our new addition
Camp-Rites

GIBBONS

and only Gibbons make these food products exclusively for Camps and Institutions.

Highly recommended and used by many Canadian Camps for many years.

Of course it will be to your advantage to order now — for June delivery — prepaid — waiting for you on arrival.

And don't forget Camp-Rites, those neat little prepared food packages for week ends or trips.

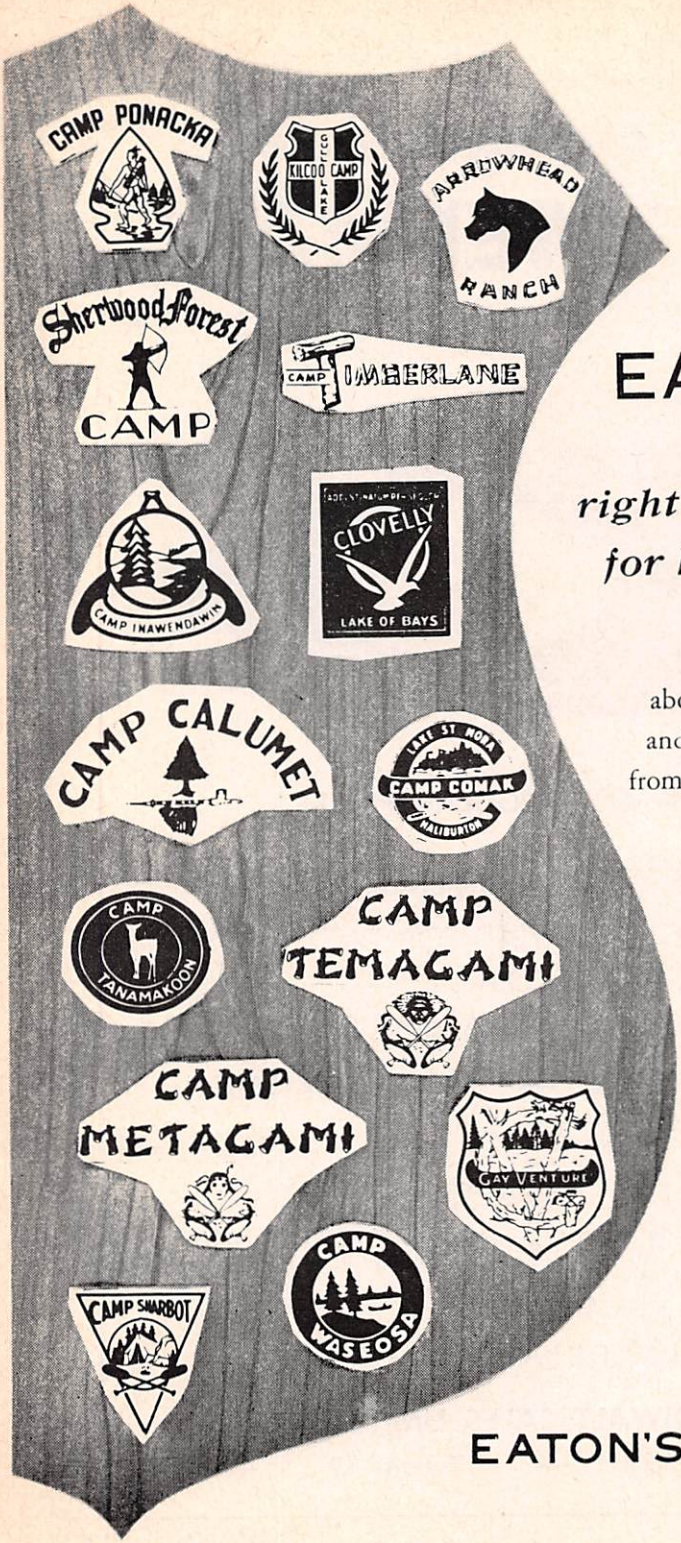
Telephone — Write — No Obligation

BE. 2-1421

GIBBONS FOODS LIMITED

49 ADVANCE ROAD TELEPHONE BE. 2-1421

TORONTO 18, CANADA



EATON'S ...

with the right accessories for happy camping!

Blue lake and rocky shore abound with songs, laughter, and campers garbed in outfits from EATON'S Camp Centres. You'll find T-shirts and sweatshirts bearing camp crests; regulation outfits of at least 14 well-known camps; trained staff members to help supply your campers' needs. For information, write, call in person, or phone UN. 1-5111.

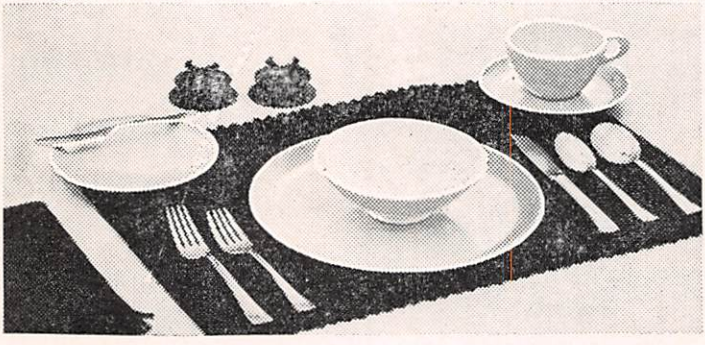
Boys' Camp Centre
Main Store—Second Floor
Girls' Camp Centre
Main Store—Third Floor

EATON'S OF CANADA

FACTORY CLEARANCE OF SECONDS ! !

NATIONALLY ADVERTISED **MELMAC®**

EVERMAID® QUALITY MELAMINE **Dinnerware**



50% OFF REGULAR PRICES !

SLIGHT IMPERFECTIONS IN APPEARANCE ONLY ! !

YET: FULLY GUARANTEED FOR TWO YEARS ! !

SAVE IN ORIGINAL COST ! !

ELIMINATE COSTLY REPLACEMENTS

ORDER NOW — SUPPLY LIMITED

	REGULAR EACH	YOUR NET COST
Cup	$ .60	$ .30
Saucer	.60	.30
6" Bread & Butter Plate	.60	.30
7" " " "	.75	.38
9" Luncheon Plate	1.25	.63
10" Dinner Plate	$1.50	$ .75
Soup & Cereal Bowl	.70	.35
Fruit & Dessert "	.60	.30
Serving Platter	2.80	1.40
Veg. & Fruit Bowl	2.50	1.25
Cream & Sugar	2.50	1.25

AVAILABLE IN ASSORTED COLOURS

DIWALT SALES LIMITED

100 Bridgeland Avenue — Toronto 19 — Ont.

ASK THE MAN WHO KNOWS...

HOW TO KEEP YOUR CAMP CLEAN AND SANITARY

he'll suggest these proven products

- McKemco Special Laundry Compounds
- McKemco H.X.M. Cleaner Special Compound No. 15
- McKemco Laundry Soap Powder
- McKemco Wool Foam
- McKemco Sodium Tex-Chlor
- McKemco Paradichlorbenzine Crystals for Mothproofing
- McKemco Machine Dish-washing Compounds
- McKemco Hand Dish-washing Compounds
- McKemco Glass Washing Compounds
- McKemco Sanitizing Agents
- McKemco Pots and Pans Cleaners
- McKemco Insecticides
- McKemco Washroom Supplies
- Whitato Anti-Oxidant to keep Peeled Potatoes White
- Bionetic-Septic Tank Activator & Grease Trap Cleaner

Your McKemco man's complete line of washing and cleaning products will help you maintain maximum camp sanitation. Write for product literature.

ASK THE McKEMCO MAN

McKAGUE CHEMICAL COMPANY LIMITED

18 Years of Service to Canadian Industry

1119A YONGE STREET, TORONTO

and McKAGUE CHEMICALS (EASTERN) LTD.

421 COURTEMANCHE AVENUE, MONTREAL EAST, QUEBEC

CHEMICALLY CORRECT McKEMCO Products

5915

WHEREVER YOU ARE

'Superior'

PROPANE

SERVES YOU

BEST!

'Superior' Propane gives you **all** the advantages of Gas no matter where you are throughout Ontario's vacation and resort areas. You can make your camp, motel or resort as modern as tomorrow with 'Superior' Propane.
Save time and money. Use 'Superior' Propane for all your camp operations. Cooking, Refrigeration, Water Heating, Space Heating, Incineration, Internal Combustion Engines, Power Plants and Lighting.

'Superior' PROPANE LTD.

26 St. Clair Avenue E., Toronto, WA. 5-4561

Terms can be arranged if required.

EVERYDAY, and on "OVERNIGHTS" MIL-KO is the HANDIEST!

No refrigeration . . . easy to carry or store . . . and the tastiest instant powdered milk of them all . . . that's Mil-ko!

This new flavour fat-free instant fools even the most confirmed "Whole Milk" drinkers in all blind-fold tests! That's why you can use Mil-ko . . . save on Mil-ko . . . in all 3 camp requirements — cooking, baking **and** drinking! Mil-ko is perfect for those scheduled "Overnight Trips" too!

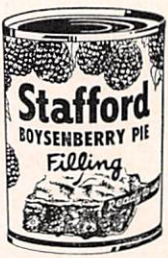
CHATELAINE INSTITUTE ★ SEAL OF APPROVAL ★

MIL-KO PRODUCTS LIMITED

HAMILTON — ONTARIO

NOW

PIES FOR CAMPERS



Yes, good, tempting pies, fresh from the oven.

But, what camper is going to waste precious camping hours baking a pie!

Not one.

Because wise campers use Stafford's pie filling and bake a pie in HALF THE TIME. Stafford's pie filling is ready-to-use. Just pour it in the pie shell, and pop it in the oven. Out comes a tender, flaky pie no camper can resist, with his favorite filling — pineapple, mincemeat, raisin, raspberry, blueberry, cherry, apple, boysenberry, apricots or peach.

Do as the wise cooks do. Keep your campers full and happy with Stafford's delicious fruit pies.

Stafford FOODS LIMITED

37 Hanna Ave. - Toronto

BRANCHES: MONCTON, MONTREAL, WINNIPEG, EDMONTON, VANCOUVER

CANADIAN CAMPING

Vol. 12 JUNE, 1960 No. 4

CONTENTS

Recipe for a Happy Camper	Alan F. Klein	168
The Staff Meeting	Adele Statten Ebbs	170
Adventurous Games	Edith Milne	174
News From the Provinces		177
For Your Camp Library	Joyce Bertram	179
Direct Method Artificial Respiration	Kirk A. W. Wipper	180
Paddling Ahead	Kirk A. W. Wipper	182
Wise Canoe Tripping	Garth A. Kaye	186
Join In The Song	Iris Milton	191
Tasty Suppers	Elizabeth Steen	196
How Does Your Waterfront Rate?		204

Cuts Courtesy Ont. Dept. of Lands and Forests

CANADIAN CAMPING ASSOCIATION

2233 Belgrave Avenue, Montreal 28, Quebec.
HU. 9-1541

Honorary President — Miss Mary Edgar

Past Presidents
Taylor Statten, Toronto
Dais L. Gass, Montreal
Anne I. Vail, Montreal
W. E. (Ted) Yard, Toronto
Irwin Haladner, Toronto

President
F. M. VanWagner, Montreal

Vice Presidents
James Mackie, Halifax
K. H. Murray, Montreal
Bud Gamble, Calgary
Mrs. E. J. Sokol, Winnipeg
Miss Margaret Govan, Toronto

Office Secretary
Miss Frances Kelly,
2233 Belgrave Ave., Montreal

Corresponding Secretary
Mr. K. H. Murray,
46 Surrey Drive
Montreal 16, Que.

Treasurer
W. J. C. Hewetson, Montreal

Publisher, Canadian Camping
Fred Haiblen
170 Bloor Street West, Toronto
WA. 4-7117

Editor
Mrs. G. W. Flynn,
39 Summerhill Gardens,
Toronto 7, Ontario.

EDITORIAL COMMITTEE

Barry Lowes, Chairman; John Gates, Kirk Wipper, W. E. Yard, Margaret Govan, Eve Baxter, Elsie Palter, Joyce Bertram.

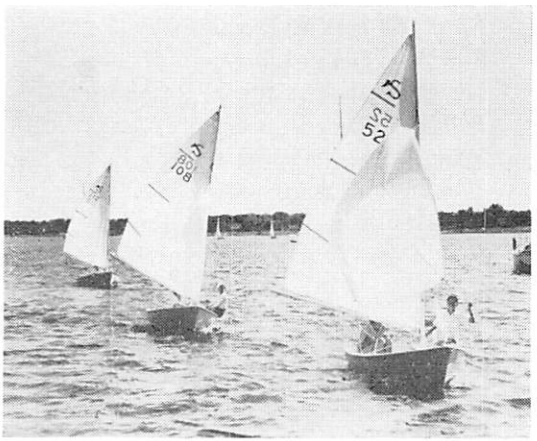
"CANADIAN CAMPING" IS PUBLISHED FOUR TIMES A YEAR BY THE CANADIAN CAMPING MAGAZINE CO. FOR THE CANADIAN CAMPING ASSOCIATION AT 170 BLOOR ST. WEST, TORONTO, ONTARIO. SUBSCRIPTION PRICES: MEMBERSHIP IN THE CANADIAN CAMPING ASSOCIATION INCLUDES CANADIAN CAMPING: TO NON-MEMBERS, 75 CENTS PER COPY, $2.75 PER YEAR, $8.00 FOR THREE YEARS. AUTHORIZED AS SECOND CLASS MAIL, POST OFFICE DEPARTMENT, OTTAWA, ONT.

SAILING

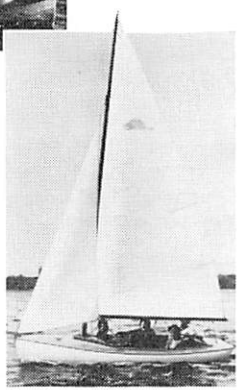
Essential Part of A Well Rounded Camping Program

- **Build self confidence where skill counts more than brawn.**
- **Stimulate good citizenship by teaching good seamanship.**

SPRITE is a perfect convertible trainer. Can be used with a jib or as a cat rig. Can also accommodate a spinnaker. It is 10' long, 4'4" beam, and it seats 1 to 4. Price $535.00 complete with sails.



THE DAY SAILER designed by Uffa Fox has many features found in larger boats. Can accommodate 6 to 8. Will plane like a racing dingy in a strong breeze. Length 16'6", beam 6'6". Price $1,695.00 complete with sails.



BEAVER, especially designed for camp use. Safe, stable intermediate trainer. Length 14', beam 6'. Sells for $985.00 complete with sails.

You can now gear your camping program to the tremendous increase in the demand for knowledge of sailing. Few activities that a camp can undertake will stimulate as much interest as sailing.

With O'Day boats, the sailing program can be initiated and maintained at low cost. All fiberglass, O'Day boats need no painting—bright colours are moulded in. Designs of O'Day boats are all supervised by George O'Day, himself, who is known nationally for his sailing and racing career for more than 20 years.

Write us for recommendations for getting started with a sailing program. Special discounts are available on fleet orders. O'Day boats are also ideal for replacement of older wooden boats that require excessive maintenance and care. Write today for complete catalog and information.

O'DAY

O'DAY ASSOCIATES OF CANADA LIMITED
170 Bloor Street W., Toronto, WA. 1-3811

OUR HONORARY PRESIDENT

MISS MARY E. EDGAR

One of the highlights of the closing banquet of the Canadian and Quebec Camping Conference in Montreal, April 9th, at the Sheraton-Mount Royal Hotel, was a special announcement by F. M. Van Wagner, the President of the Canadian Camping Association.

The assembled members were delighted to know that Miss Mary Edgar was appointed Honorary President of the Canadian Camping Association. As director of Camp Glen Bernard for many years she made a very special contribution to the field of Camping and to many Canadian girls and leaders.

One of her finest contributions to Canadian Campers has been her stories and her books of poetry. Our lives have been enriched by her talent in this field.

The Canadian Camping Association has been greatly benefited in many ways by her efforts. We are proud that she was the first editor of Canadian Camping magazine and, with her Committee, changed it from a mimeographed bulletin to a creditable printed magazine. The Magazine has always been one of our best efforts in the field of camping.

It would take many words to relate the many things Mary Edgar has contributed to Camping — finances, a field trip across Canada, work on several committees. Perhaps one of the ways she has contributed most is in the wise counselling she gave to some of those who tried to guide the Association in its growth and development.

As members of the Canadian Camping Association we salute our Honorary President, Miss Mary E. Edgar, the members choice.

Anne I. Vail, Past President
Canadian Camping Association

This is an address that was presented at the Canadian Camping Association Conference in Montreal, on April 8th, 1960, at the Mount Royal Hotel,

RECIPE FOR A HAPPY CAMPER

PROF. ALAN F. KLEIN,

Professor of Social Group Work,
University of Pittsburgh.

I have come to describe to you Camp Utopia — the happy camp for the happy child. I am, I think, a realist and although everything that I suggest cannot possibly apply to every camp, much will apply to most. I must tell you at the outset that I do not believe in too much permissiveness, comfort or indulgence, but I do believe that research in the behavioral sciences has shown us that a regimented, authoritarian and punitive setting is not good either.

I must begin long before any campers, staff, facilities or programmes are in existence. The Camp Management must be clear and comfortable with its purposes and philosophy. It must be explicit as to its values—upon these things rests the selection of everything else. I am sure that you will tell me that you agree; that this is obvious; that you have all this in your camp. If you do you are unusual, for there is great, great confusion in camping today, on the operational level re the relationship of purpose and how the camp is staffed and how it operates.

If you think that camp is a significant and valuable experience — a summer vacation plus other important factors — it stands to reason that you must have the right campers, the right staff and the right programme for the purpose.

If you do not screen the youngster in intake, group them by plan and programme for the purpose, I can only conclude that you are fooling yourself in thinking that you are clear and comfortable about your purpose. If you employ callow young staff and give them a once over lightly precamp session, I must conclude also that you do not mean your purpose. For your value should be what you care about, really want, set store by and will strive for. For example, the climate of a camp means more than hot sun — cabin groups should be developed in which:

a) a playful, fun-loving, zestful spirit is characteristic;

b) co-operation, friendliness and getting along with others are practised;

c) the basic needs of campers for personal worth and achievement, belonging and status are recognized and met;

d) wherein responsibility and self-governing provide practice and growth in self-reliance and responsibility;

e) reasonableness, open mindedness and inter-personal competence characterize the way discussions are carried on and decisions made.

The central factor in such an educational process — the PLUS most camps state that they seek — where personal growth, social, moral and religious development is sought. lies in the interaction between persons in the situation.

This leaves it up to you to determine who those persons are, who leads them, and the situations in which these objectives can be reached.

A. H. Maslow poses for us a hierarchy of need to be met in any situation in order to achieve any of your

PLUS:

1. Survival — good food — enough water, safety and health precautions — freedom from hurt.
2. Safety needs — these are basic security items — freedom from fear, anxiety and worry.
3. Love, Acceptance and Approval — this is a critical area.
4. Esteem needs — favorable reaction from others; self-respect — self-image — self-adequacy.
5. Self-realization needs — to become one's best self — to realize one's capabilities.

One cannot be helped in one until there is a minimum satisfaction in the others.

Now we can begin to see that if we have certain kinds of facilities and staff, the level of needs evidenced in a camper may clearly indicate that we have no business accepting him, or that he needs special attention.

We can see that intake can also help us in grouping, so as to best develop our objectives.

We can see the need for staff selection and training — and I stress this— really thought-out programme.

Mind you, I have no quarrel with a camp wherein the major purpose is fun. I do object to slap-happy fun, and I do object to fun for staff or director with no regard for the camper's level of fun; and I do object to fun that teaches evil values and that is destructive.

Whatever your purpose — pure fun and/or sunshine and good food — we know that it cannot be achieved without understanding. This requires, in my opinion, an awareness of the developmental levels of children with which we work. No one can have much fun, or gain any plus value if the experiences to which he is being exposed are inappropriate to the age level.

It is well to not hear that liking children is not enough. One needs both the educated heart and the educated mind. The counsellor needs to be able to think as well as feel; to know as well as to like.

Some years ago Bettleheim wrote— Love is Not Enough. Love them and limit them. A child who is not limited is a deprived child, a frustrated child, a rejected child and hence an unhappy child.

turn to page 209

THE STAFF MEETING

ADELE STATTEN EBBS,
Director: Camp Wapomeo

It has often been said that a camp is only as good as the staff which it employs. Of course this statement takes for granted that all camp directors or head counsellors have the same ability to train and co-ordinate their staffs. And it is true from the campers' point of view that the success of a camping season depends on the counsellors. These reasons are proof enough that there should be opportunities made for staff training during the camp period. This "in service" training may be a review of a previous course, or in some cases the only training which is offered.

The objectives of staff training are similar to that of the camp as a whole. From the staff emerges the "camp spirit", holiday atmosphere and eagerness for activity. The staff can demonstrate the democratic way of living in a community. The training will demonstrate the practical application of group methods, as well as give insight into the needs of individual campers. Finally, many programme directives will be given, some of which we shall develop later.

There are various ways of training staff—all of which should be used. It starts with the initial interview during the winter, followed up by letters, conversations and a few meetings. Precamp is the ideal training ground. At that time everyone is focussed on the one job at hand—that of becoming an effective camp staff member. When the campers arrive in camp, there is comparatively little opportunity for training. However, the success must continue in various ways. There can be personal interviews, plenty of on-the-spot supervision (by that I mean observation followed by conferences), and lastly the so-called Counsellor or Staff meeting.

Meetings called during the busy days of camp must have real value. They must be informative and to the point. Those attending must be the personnel really concerned with the subject at hand. If at pre-camp all the main basic training has been covered, then the in-camp meetings will be mostly a review. They will give an opportunity to demonstrate the general principles in practical application. There will be general staff meetings of two types:

(a) A daily review of the day's programme and routine announcements.

(b) A longer session for instruction of a more general nature, followed by discussion and evaluation.

(A) *At the Daily Meeting* all routine matters pertaining to the whole staff are highlighted. A brief review of the day's programme is given with opportunity for synchronizing every department.

Various departments report. The Waterfront Director may check on lifeguards for that day, or may announce a regatta, asking for the co-operation and participation of most of the camp. The Dramatic Department may seek assistance in some forthcoming project. The Dietitian may have something to

say (or you may have something to say to her). On a scorching hot day, the nurse can warn against sunburn. A recent campwide event can be briefly evaluated, or a committee appointed to investigate some problem, or to plan a function bringing a report back to the meeting a day or so later. A standing committee of counsellors elected to function over a period can handle many problems on policy and routine, and bring recommendations to this meeting. This gives an idea of the diversity of the problems that might arise. They should be pertinent to the whole camp. Matters concerning only a few should be dropped and discussed later by those concerned.

"Camp Routines" mimeographed, or in a notebook, save a lot of valuable time, and can be definite about the things over which there can be little difference of opinion. These include Fire Precautions, Fire Drill, Meal Hours, Tuck Shop, Mail, Food Parcels, Cash, Days Off, Sunday Suppers (Picnics), Care of Equipment, Laundry, Transportation schedules, Lost and Found, Officer of the Day and Night Watch schedules.

A "Staff Organization chart" gives guidance to all. The names of the complete staff are included: Counselling, Kitchen and Maintenance. If this is given out at the beginning of the camp it helps to get everyone acquainted, and to familiarize the new staff with the structure of the organization.

(B) *General Staff Meetings* will be held less frequently because of the time involved. It is obvious that during camp there is never a meeting at which everyone can be present, so the time chosen will depend on the individual camp. If no pre-camp training has been possible, then these topics should be introduced as early as possible in the season. To decide on the order of their presentation is a problem, because all are of vital importance.

1. *Health and Safety*—The staff itself immediately upon arrival in camp must be impressed with the necessity of taking every precaution to guard their campers' as well as their own health. Simple and clear instructions should be given on health routine: daily inspection, sleep, rest and cleanliness. Procedures should be discussed to prevent sunburn, fatigue, accident from fire, use of axes, etc., and routines on the water-front should be set up. Various staff members particularly concerned should be prepared to discuss the various aspects of camp health and safety—the doctor or nurse, the dietitian, the camp craft and tripping counsellors, the water-front director and so on. A very careful briefing must be made regarding the first day of camp. All staff members should be alerted to their specific responsibilities which start the moment the first camper comes under camp supervision.

2. *The Role of Camping*—This topic would give a background to the whole business of camping, how and where it started; how it has developed through the years; where it is heading in the future; what it claims to do for the campers. This makes the counsellors realize that they are a part of a large and vital organization on this continent today. The Canadian and American Camping Associations are becoming stronger as people realize what and who they represent. These Associations have set high standards for themselves, not through pressure, but because they are composed of a group of people with high personal standards. The aims and objectives of the individual camp would come into this discussion, and to be more specific each counsellor should have her own objectives and be sensitive to those of her campers and their parents.

3. *Programme Planning*—Keep in sight the campers' point of view. They are

→

going to camp this summer primarily to have fun. It is a holiday—a glorious experience away from home and school —not only freedom from routine, but freedom to explore the realms of friendship and human relations.

Let us analyze a 24-hour day at camp. Nine or ten hours of sleep; three meals a day takes about four hours; a rest period lasts one hour at least; another three hours for routine, such as getting up, flag raising, clean-up, flag lowering and getting to bed. This all adds up to twenty hours, leaving four hours for all other camp activities. And during this four hours is the only chance to find some leisure—some time to just sit in the sun and loaf. It is very important that during this time our campers should have a positive feeling of being able to plan it for themselves. All the rest of the year these children's standards are set by adults. Some homes are quite democratic, but it is very hard to find any set of parents who can keep themselves in the background. At school the children have practically no say in what they are going to learn—or even how they may go about it. Camp is the only community which is run entirely for children with the sole purpose of fulfilling their needs. Let's keep it that way.

Primarily the camp-site itself largely determines what activities are going to exist and what are going to predominate. There is usually water enough for swimming—but the type and extent of the water-craft will differ. So here are two factors that have much to do with programme planning — (1) the campsite and equipment and (2) the aims and objectives of specific camps.

The two other directives in programme planning are more under our control—the counsellors and the campers themselves. The director need not feel that she will be handling the program for the campers all by herself; the resources of the entire staff should be pooled. Campers enjoy having the opportunity of getting to know other members of the staff—a change is as good as a rest. As for the campers' part in programme-planning, this is the whole secret of a happy and satisfying summer for them. We do a lot of talking about the democratic way of life—of being good citizens in a democracy, and so on. One cannot live that life or be a good citizen unless one practices it from an early age. At camp we can give the campers this opportunity. In order to develop in responsibility, independence and ability to make wise decisions, we must provide varied opportunities for choice.

In early days of camp, the counsellor's job was relatively simple. The range of activities and resources were limited. If there was a champion diver or swimmer on the staff — fine; the campers surely would learn to swim and dive—or else. An Indian in charge of canoeing would teach the paddling. That is all right up to a point—if you can have a champion who also has the personality to teach young children and who understands their individual differences, their abilities, their fears, their emotional development. But to find one with the patience, understanding and the insight of a trained psychologist is difficult. Most activities at one time were motivated by the children themselves seeking awards. Individual competition dominated the day. Today many people do not believe that is the best way to get campers to participate in activities. But sometimes there is such a strong feeling of expectancy that everyone will participate in all activities, that it virtually amounts to compulsory participation. With all these external means of motivation there would be little opportunity for the children themselves to exercise the power of making their own decisions. So the potentialities for developing into strong, thoughful and positive individuals would be lost.

4. *The Cabin Group* — Since this group exerts the greatest influence on the individual camper, it is important that the counsellor be skillful in the art of group leadership. The campers should be allowed to choose their cabin mates whenever possible. The first few days are very important. It may be necessary for the counsellor to guide the group skillfully, suggesting projects and enterprises which will knit the group together. Each individual must develop a feeling of belonging which can be increased by responsibility being given in tasks and decision making. There should be a feeling of "give and take". The group experiences should be so varied that the same camper is not always the leader. Look for opportunities to bring forward the one who shuns the limelight. For the staff meeting one counsellor might be prepared to lead a discussion using a specific example to illustrate the development of this process of "give and take". Experienced leaders could reconstruct the situation into a socio-drama.

5. *Spiritual Values*—The following is developed from the notes of a presentation at a pre-camp course in July, 1950. There are various approaches to the appreciation of nature—that of an artist, a naturalist or a geologist. A counsellor must make sure that the campers, especially the sensitive campers, have opportunity for quiet communion. At dawn and dusk this feeling or need should have the chance of expression. In evening discussions around the campfire or at bedtime, there should be opportunity for quiet talk. Tolerance can be developed. There should be a feeling of freedom of expression and sympathetic understanding. At morning meditations another opportunity is given for quiet thought. Sometimes it may be directed or stimulated by a leader, other times guided only by the strains of quiet music. There are camp institutions such as Council Ring and Chapel services which create a receptive atmosphere. The democratic way of life has been mentioned before. Where can it be better understood and expressed than at camp.

The topics discussed above are suggestions to be included in counsellor meetings during camp (or in pre-camp). These may be given to the whole staff, or to unit meetings according to the age groups with whom the staff is concerned.

Counsellor Meetings can be fun. It is a time when the adult group in camp can get together and talk in their own language. It is extremely valuable for building up morale, and reassuring every member of the staff that she has an important role to play. In finishing, may I quote from a letter written by Taylor Statten to his staff: "The satisfaction that a conscientious counsellor gets out of working with children is very great, and as a result of the experience and training one should gain some understanding of child psychology and group methods which we hope will contribute toward a more skillful and intelligent parenthood."

Books for Reference:

American Camping Association — "Marks of Good Camping"
New York: Association Press 1948.

Dimock, Hedley S., and Statten, Taylor: "Talks to Counsellors"
New York: Association Press 1939.

Dimock, Hedley S. (ed.) "Administration of the Modern Camp"
New York: Association Press 1948.

Drought, R. Alice "A Camping Manual"
New York: A.S. Barness & Co. 1948.

Graham, Abbie. "Working at Play in Summer Camps"
New York: The Woman's Press 1941.

Northway, Mary L. (Ed.) "Charting the Counsellor's Course"
New York: Longmans, Green & Co. 1940.

—●

ADVENTUROUS GAMES

Bill Hamilton a Canadian trapper of long ago wrote a book, "My 60 Years in the Plains" describing the dangers of an outdoor adventurous life. In it he says, "Give me the man who has been raised among the great things of nature. He cultivates truth, independance, self reliance, and he has generous impulses and he is true to his friends and to his country . . ."

This is the type of citizen which we hope to be encouraging after a spell in our camps! Our camps are set up with elaborate fastidiousness for the healthful welfare of our campers and we must keep them safe and free from harm while they are in our care. Bill Hamilton would certainly cock an eyebrow at our modern methods of adventurous living, and yet, even to-day it is the adventure of living in the great o' doors which has the most appeal, from the youngest to the oldest camper! Can you visualise that area around your camp, and in the shelter of the bush or a rock, a young camper lying there—scarcely daring to breathe and caring not two hoots about the uncomfortable position or the mosquites so long as he remains undetected by enemy agents, who seem close enough to hear his heart beat. The secret document hidden in his clothing must remain safe in his keeping!!!! Such is the thrill of an adventure game. The camper, male or female, is playing a part and roused by the excitement is determined that only one side shall win — his.

There is real enjoyment in an outdoor energetic activity, particularly when it stirs the imagination and there is real satisfaction in meeting a challenge, overcoming obstacles, following a trail or successfully reading a code. Naturally the strength of the appeal depends entirely on the presentation of the game and, of course, a really good story adds to the excitement and the fun, which to the young, must mount to realism.

The game should rouse the powers of THINKING, OBSERVATION, DEDUCTION, S T A L K I N G, TRACKING, SELF-CONTROL and ENDURANCE. These are vital to any outdoor adventure and should be introduced gradually and by easy stages. A simple treasure hunt, looking for coloured objects of different values or noting anything unusual over a given route, call it operation 'Sherlock', these rouse the powers of observation. Introduce stalking and tracking gradually, and the operation has become so exciting and absorbing that before too long mapping and compass are incorporated, night games introduced and even overnight games considered!

BEGIN WITH EASY TRAILS. Hunting for treasure is always popular, and this tvpe of game has many advantages. It can be adopted for both young and old, can be used for any number of players, can be played in almost any place and under any circumstances, and the time limit can be easily controlled. Some ingenuity and considerable preparation is necessary in making and laying the clues.

As the campers grow in experience, clues should become more difficult.

THE RAID is another type of adventure game, usually played by two teams competing against each other. One team may defend a base containing trophies, the other team attack with the purpose of carrying off the trophies to some agreed place. A third and even a fourth team may be introduced to try to join up with or intercept one or both teams and then another base should be considered.

CORDON BREAKING is another type of game based on the efforts of one team to get through a strip of country guarded by another team. The team trying to get through with the secret document hidden on one of its members, guards the bearer of it while the other team enjoys intercepting and searching the prisoners.

A MAN HUNT for an escaped prisoner, convict or enemy spy can be a thrilling game and can be adapted to any number, time or place. There are opportunities for tracking, stalking, disguise and deduction in this type of game.

These four ideas form the basis for all adventure games and can be used alone or amalgamated depending on the experience of the players. It is wise to try out the simple ones first, making them exciting, with the players looking forward to the next time.
The requirements of an ADVENTURE GAME are:—

(1) There must be a TITLE. It does not matter how ingenious the game might be, without an imaginative title much of the spirit can be lost. The Air Raid, Treasure Cove or Operation 'Sabotage'!

(2) The T H E M E or STORY should be simple and in no way complicated. Highwaymen, convicts and spies are not in the least out of date. Inter-Planetary travel can be dreamed up by the space-minded.

(3) METHOD should be kept simple. The story should have fired the imagination, and players want to see it in relation to the game and to their surroundings. The teams need to plan their campaigns, stalking, tracking, intercepting, attack defence and codes. Identification numbers or arm bands for 'lives' and there should be some system for scoring.

(4) RULES of the game should be kept as simple as possible, a detailed instruction only makes for confusion. The players of each team should be counted before and after the game, most important! Some method should be worked out to reintroduce players 'killed' or disqualified, there is nothing more miserable than to sit out the afternoon while your team is on a cross country chase. Reintroduction would, of course, be at the cost of some points and the points system must be clearly understood and it must also be known whether a state of 'mobbing' will be allowed, that is more than one person attacking an individual at the same time.

→

IN CAMP

Edith Milne,
Ontario Girl Guides

(5) T I M E and BOUNDARY LIMITS will depend on the size of the area and the type of game chosen. If the game does not cover a wide area, a clear cut signal could be given to start and to end the game. Bound ary limits are very important; roads, tracks, woods, fences and any well known landmark should be clearly defined and in such a way that the teams must meet at some stage of the game or much of the fun will be lost.

(6) THE GAME M U S T BE SUITED TO THE AREA and the more adventurous the group becomes they may study a map of the surrounding area and venture further afield. In this case it would be an advantage to visit the area with members of the group and make a note of landmarks and possibilities. A very experienced group might even consider using canoes and there is no reason why a good game should not last overnight.

(7) HELP is very necessary however simple the game might be. Clues have to be set out beforehand, judgements made during the game and 'lives' may have to be given out — so willing helpers are a great asset.

The success of any adventurous game depends entirely on the planning. The game should include the fastest and the slowest members of the group. The teams should be given time to work out a plan of campaign. It is essential that teams really meet if they are supposed to meet in opposition. A good method of 'lives' is perhaps for players to wear wool bands above the elbows, preferably not nylon wool; a different colour for each team. At the conclusion of the game, the referee or umpire should check the points and name the winner.

Stories which fire the imagination make excellent material for adventurous games. Scouting for Boys, Outdoor Games for Scouts, tales of exploration and pioneering stories are old favourites.

Adventure Games foster team spirit, self control, fair play and obedience to rules as well as initiative and self confidence; and a good deal of patience is required for quiet stalking and lying in wait. This indeed is CHARACTER training in the wide open spaces of camp, FUN and ADVENTURE.

Smugglers Treasure. Counters to represent treasure or diamonds etc. Smugglers and Peddlars start, say, half a mile apart. Within their own bases they are safe. Coastguards start about mid-way. Peddlars may only receive one counter at any time, and must take counter to umpire at a receiving base, which, within a given area is a safe place. If Peddlar caught by Coastguard, must give treasure and re-enter game but if a coastguard is caught he must surrender treasure to his captor and then count up to, say, 60 before re-entering the game.

S. Boats. This is particularly suited to a woodland area through which a path runs and would be an excellent night game. At the mouth of the harbour, a cord could run from tree to tree (the boom.) Two lanterns could hang from the trees and on the cord two or three flash lights could be suspended. Coastal motor boats cruise about the channel (path). Steam pinnaces sail to starting point and make for the shore negotiating rocks and sea-weed (dead leaves). Coastal boats attack in the channel and the S-pinnaces try to get through and mine the harbour by switching on the flashes.

—●

NEWS

From The Provinces

FROM ALBERTA

Not one, but two, conferences did those wide-awake camping folk in Alberta present for 1960. The first for directors in the beautiful setting of the Banff School of Fine Arts; the second, for counsellors, at Red Deer, Alberta, this one sponsored jointly by the Alberta Camping Association and the Community Recreation Bureau of the Alberta Government. Topics gave a broad view of camping in that province, when Bill Bently dealt with Leadership Training, Neil Gamble and Jim Hawkes dwelt on Programme Development in a practical way, and Mrs. S. R. Hughes, Administration Officer, Rocky Mountain Forest Reserve of the Alberta Government, advised directors about Conservation and Government Regulations for Camps. There were book displays, there were movies, there were social gatherings, waterfront sessions, Day Camp sessions, and Administration and Financial Management discussions, as well as a valuable talk by Gilbert Beatson, Architect, who spoke on Camp Site Planning. Out of this came the hope that their 1961 Conference can be planned early in the year to allow administrators of Alberta Camps more time to prepare for the operation and planning of their sites and programmes.

MEETING OF THE CLANS

Is there a new awareness of camping for children in Canada? Is the increase in the number of camps greater than we realize? Or is it simply that camping people in larger numbers are trying to give deeper study to their calling? Whatever the reason, registrations at camping conferences can only be called "Legion" compared to other years; so, too, with the number of conferences themselves. 1960 saw assemblies at Winnipeg, Vancouver, The Banff School of Fine Arts, Red Deer (Alberta), Toronto, Montreal, Ottawa and Halifax, with registration of over three hundred and fifty in Montreal, and over six hundred and seventy in Toronto, with a higher percentage than ever before of counsellor delegates.

A new feeling of unity in Canadian Camping pervades the thinking of this year's delegates. For the first time in the history of Canadian Camping, a large number met at the Banff School of Fine Arts with every kind of camp in Alberta represented. For the first time in history, the French-speaking groups met jointly, with one of its sessions translated from English to French. For the first time in history, a camping conference programme was printed in the two languages.

turn to page 207

CANADIAN CAMPING ASSOCIATION

Montreal, Que.

Statement of Revenue and Expenditure for the year ended December 31, 1959

REVENUE				
Memberships—Camp	296 @ $2.50		$ 740.00	
Individual	211 @ $1.00		211.00	
Commercial	40 @ $2.50		100.00	
				$ 1,051.00
Donation, Y.W.C.A.				25.00
Bank Interest				16.26
				1,092.26
EXPENDITURE				
Office Expense			$ 410.00	
Postage			9.00	
Travelling			102.20	
Bank Charges			1.08	
General Expense			1.00	
Magazine			207.00	
Grants and Special Travelling			200.00	
				930.28
Excess of Revenue over Expenditure				$ 161.98

Balance Sheet as at December 31, 1959

ASSETS		LIABILITIES	
Bank Current Account	$ 597.72	Capital—	
Bank Savings Account	833.08	Balance, January 1/59	$1,412.32
Accounts Receivable	142.50	Excess of Revenue 1959	161.98
Petty Cash	1.00		
	$1,574.30		$1,574.30

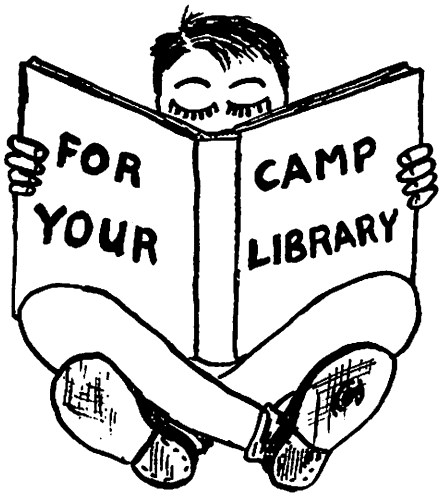
W. J. C. Hewetson, Treasurer

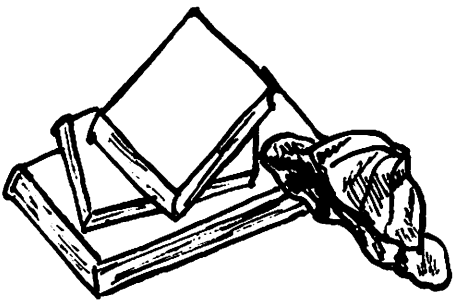
I have examined the Balance Sheet of the CANADIAN CAMPING ASSOCIATION as at December 31st, 1959 and the Statement of Revenue & Expenditure for the year ended on that date. I have received all of the information and explanation that I have required.

In my opion the above Balance Sheet and Statement of Revenue & Expenditure present fairly the financial position of the Association as at December 31st, 1959 and the results of operation for the year ended on that date.

April 4th, 1960

Arnold Borts, C.A., Auditor





by Joyce Bertram

DEVELOPING CAMPSITES AND FACILITIES
National Board of Y.M.C.A.

A handbook for those responsible for planning and developing a campsite. It is well illustrated with both pictures and sketches and should prove invaluable to those faced with the enormous task of providing a new campsite and buildings, or to those who wish merely to improve an already existing one. G. R. Welch & Son, Publishers, Toronto, $4.25.

CAMP WATERFRONT PROGRAMS AND MANAGEMENT
Richard Pohndorf

This is a new and comprehensive book covering waterfront programmes from the aquatic director and his qualifications to developing artificial lakes and ponds. Stressing the importance of safety no less than other books of its type, it also gives a great many suggestions for making a waterfront programme of more interest to children and adults alike. It covers, as well, such important aspects as: layout of docks, buoy lines, canoe standards (in the United States), and sailing equipment. Much of the material found in a number of books is found here, compiled in one excellent volume. G. R. Welch & Son, Publishers, Toronto, $8.95.

THE NATURE PROGRAM AT CAMP
Janet Nickelsburg

I am sure this is an excellent book, although I was constantly reminded while reading it, of the small boy whose book review consisted of "this book tells me more about peguins that I'm interested in knowing." For an only mildly interested camp director, it is indeed heavy going. For a dedicated Nature enthusiast I should imagine it would be as manna from heaven, covering as it does all phases of setting up a nature programme at a summer camp as well as one of the most comprehensive bibliographies ever seen. McAinsh and Co., Publishers, Toronto, $3.50.

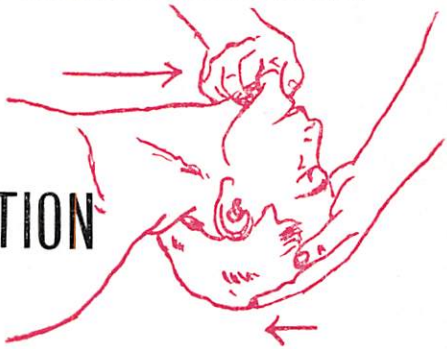
SMALL PETS FROM WOODS AND FIELDS
Margaret Waring Buck

This book abounds in butterflies, grasshoppers, snakes, moths, spiders and others of the ilk dear to the heart

turn to page 206

TIPS ON THE DIRECT METHOD OF ARTIFICIAL RESPIRATION

Kirk A. W. Wipper,
Director, Camp Kandalore.



It is no longer necessary to outline and describe the manifold advantages of the Direct Method of Artificial Respiration. This has been accomplished by a number of prominent scientists and research organizations. Out of this useful background of knowledge must emerge a concern for techniques by which the Direct Method can be properly and efficiently propagated. It is, therefore, the purpose of this article to provide some "tips" that may serve to assist those who will undertake to teach the Direct Method. This is also known as Rescue Breathing; Mouth-to-Mouth; or Expired Air Method.

In the first place, it is important to be brief and to the point in presenting the method to a class. Description and discussion should be offered **following** the actual performance or demonstration, so that the matter of apprehension and misunderstanding is removed. The essentials of the method may be learned from the following simple steps which should accompany either "doing" or "watching the method being done".

(A) To **clear the mouth and throat,** (if necessary), use **fingers** and/or **suitable cloth.** To **drain fluids, turn** the patient's body and head to the side.

(B) To keep a clear air passage, **tilt the head back** (as in diagram), and **pull or push the jaw up and forward.**

(C) To **inflate** the lungs, **blow** through the **mouth** (pinch the nose shut), or **blow** through the **nose** (hold the lips closed). In the case of an infant, blow through the nose and mouth about **ten to twenty times** per minute. (Ten for adult, to twenty for an infant.)

(D) To be sure you are operating effectively, **turn your head** after each "blow" or breath, and **watch the patient's chest rise and fall.** Depress the stomach if air appears to be gathering there. A gurgling sound made by the patient during expiration may be caused by the tongue falling against the back of the throat. To correct this repeat or check operation "B", above.

This language is an example of simple, forthright description which should not in any way confuse a participating group or class. Of course,

an alert instructor must be prepared to enter into discussion and questions following the practical introduction. To expedite and clarify this process it is advisable to have on hand suitable diagrams, charts, or graphs. These are invaluable aids to the learning experience, particularly with a topic of this kind.

Finally, there are certain other guides which should be pointed out in reference to actual participation. The author has, to date, experienced no real difficulty in presentations of this method, but, no doubt, some instructors may be confronted with special teaching problems. To assist in reducing the possibility of these situations these suggestions are presented.

1. Be sure to ask participants who have any kind of cold, throat or similar infection to withdraw from practical participation. This is an essential step to take.

2. Ask participants to use clean handkerchiefs (which they were asked to bring), towels or other suitable material such as clean bandaging which the instructor should have on hand. These materials do not impede the effectiveness of the method, and are a desirable aid which can also be applied in an emergencey. This is a technique which does reduce apprehension and discomfort of some participants.

3. Do not force or create a situation in which strangers or members of opposite sexes find themselves in pairs and may not feel comfortable about practice or withdrawal from practice. Common sense must be applied here. Certainly the most teachable groups are families, married couples, groups of relatives, groups of

turn to page 203

Yachtsman's Choice

The true yachtsman regards sailing as an absorbing hobby not only on the water, but on land as he cares for his craft and keeps her Ship Shape. As a keen devotee, he wants his children to follow his wake, and to learn at camp the proper care befitting a good boat. The Gull, designed in mahogany plywood for safe family use, is particularly suitable for instruction a-sea and in dock, for children and beginners generally. An 11′ dinghy with mainsail and jib, it possesses the unique ability to serve equally well as rowboat or motorboat, another feature pointing to its adaptability to camp use.

Unequalled in her performance under sail, she is the fastest in the 11′ class, according to the Portsmouth Yardstick; as a motorboat or rowboat, her stability is unquestionable. What could be more ideal whether one is sailing or merely pottering about?

No need to worry about a capsize, either. In the unlikely event that she should keel over, her specially constructed watertight hatches form bouyancy compartments which keep The Gull floating high. She is easily righted, even by children in The Know.

Try her out. Ask Mr. Henry Croce, of Croce and Lofthouse, for technical details. He's a keen sailor himself, and could be easily persuaded to take you out, so that you can know The Gull's virtues first-hand. Incidentally, he is offering an unbelievably low price to all camp directors. CROCE AND LOFTHOUSE ARE AT 21 SUSSEX AVENUE, SUITE 47, TORONTO 5. Mr. Croce can be reached at WA. 3-2805.

PADDLING AHEAD

Kirk A. W. Wipper,

Chairman, O.C.A. Canoeing Standards.

This is our latest draft of Canoeing Standards. Incorporated into this new outline are many improvements, all of which have been offered by thoroughly qualified canoeing enthusiasts. It is our hope that this test series will be widely used and that canoe instructors and examiners will find the use of them a real asset to canoeing programmes. No doubt there will be other changes made, and this will depend entirely on the experience of those who use these tests. The newly-formed administraive committee will be pleased to receive suggestions that will further streamline the programme. This, however, will not be the only function of the committee. The problem of recording and distributing awards (cards to start with) must also be faced. Methods of dealing with instructor- and examiner-training are further considerations. A set of standards cannot survive without appropriate management of such administrative details. To this end, no less than thirty five people from at least twenty eight different camps will be asked to serve on the new Canoeing Committee organization. We trust this will mean ultimate assistance to all of you who undertake the typically Canadian activity of canoeing.

BEGINNER'S AWARD

Prerequisite:— Beginner's Red Cross Swimming Award, or equivalent, with 100 yards minimum distance.

Be Able To:

1. Select a suitable individual paddle (and care for it).
2. Get in to and out of a canoe correctly.
3. Kneel in the centre and sit back on heels on floor of the canoe.
4. Sit as a passenger.
5. Paddle the straight or bow stroke.
6. Paddle the backwater stroke.
7. Care for a paddle and a canoe.

Know:

1. Bow, stern, thwarts, ribs, keel, gunwale, painter and decks of a canoe.
2. Grip, blade, shaft and tip of a paddle.
3. Correct procedure for leaving and approaching a dock or beach.
4. Importance of balance.

5. Five canoe safety rules. (P. 16, The Canoe and You).
6. How to trim a canoe for paddling.
7. Canoe discipline (i.e.—sternsman is in command, bowman sets pace.)

Privileges: Be allowed to paddle with an experienced canoeist in a canoe within a restricted area.

JUNIOR AWARD

Prerequisites:— A knowledge of the Beginners' Requirements, plus Junior Red Cross Swimming Award or equivalent.

Be Able To:

1. Launch a canoe and remove it from the water with assistance at a dock or shoreline.
2. Demonstrate balance in a canoe.
3. Paddle bow not less than 200 yards satisfactorily in roughened water.
4. With a bowman, paddle stern for a distance of 200 yards.
5. Paddle alone satisfactorily in smooth water for a distance of 200 yards.
6. Land a canoe properly at a dock or beach (above).
7. Experience overturning a canoe, with or without assistance, and propel an overturned canoe 50 feet towards shore, with or without assistance, using kick or short arm tow.
8. Paddle an accumulative distance of 3 miles (doubles).
9. Change paddling side, with permission of sternsman.
10. Do these strokes: Straight (Bow), "J", Draw, Sweep.

Know:

1. Correct position and duties of bowman, centre and stern paddlers.
2. Purposes of the strokes named above.

Privileges: Be allowed to take out a canoe alone under supervision in a restricted area.
Be allowed to paint one chevron on paddle.
Be allowed to go on an organized canoe trip in bowman or centre position at the discretion of the Camp Director as well as the Head of Canoeing.

INTERMEDIATE AWARDS

Prerequisites:— Junior canoe award; swimming test for Intermediate Red Cross or equivalent; paddle (cumulative) distance of 10-15 miles.

Be Able To:

1. (a) Climb in to a canoe alone from deep water;
   (b) Climb in to a canoe from deep water, once with partner in water and again with partner in canoe.
2. Paddle canoe awash, two to a canoe, by hand or with paddles.

→

3. Empty a water-filled canoe at dock and shore with assistance.
4. Get into and out of a canoe at a difficult landing place, such as a rocky shore, etc.
5. Do the following strokes proficiently: Push-away and pry, bow and cross bow rudders, sculling.
6. Paddle stern satisfactorily ½ mile in moderate wind.
7. Paddle alone on one side over a triangular course ¼ mile long.
8. With assistance, load a canoe for an organized canoe trip.

Know:

1. Proper care in using a canoe on trips — Portaging, Beaching, Landing, etc.
2. Proper length and uses of painter.
3. How to make a minor emergency repair.

Privileges: Be allowed to take out a canoe alone, with permission, within a prescribed area, under supervision.

Be allowed to go on an organized canoe trip, bow, centre or stern, at the discretion of the Camp Director as well as the Head of Canoeing.

SENIOR AWARD

Prerequisites: Must have had thirteenth birthday, Intermediate Canoeing Award, and Intermediate Red Cross Award or equivalent. Must have paddled an accumulated distance of twenty miles. Must have been on a canoe trip of a least one night's duration.

Be Able To:

1. Swamp a canoe in deep water one hundred yards off shore, and with assistance of one other person bring it to shore.
2. Launch a canoe and remove it from the water alone.
3. Tow an exhausted person with a canoe, in normal paddling position.
4. Do a canoe-over-canoe rescue, with a partner.
5. Paddle ½ mile in bow and ½ mile in stern each on both sides.
6. Paddle singly over a set course of one mile, on one side.
7. Pass a rigid style check on all phases of canoeing up to and including the Senior standard.
8. Demonstrate satisfactory participation in canoe racing.
9. Climb into an upright canoe from the water, alone.
10. Lash paddles, and portage a 16′ (approx. 70 lbs.) canoe correctly, a minium distance of 50 yards for girls, and 100 yards for boys. (with or without assistance for girls only).

Know:

1. What to do if caught in stormy weather.
2. How to shake out a canoe full of water with assistance (two people take turns).
3. Load limits (capacity) of canoe being used. (see P. 8 — The Canoe and You).
4. How to cope with bizarre conditions such as squalls, etc.

Privileges: Be able to take out another paddler or passenger within safety rules of the camp.
Be allowed to stern a canoe on a trip under supervision.
Be allowed to paint a third chevron on paddle.

MASTER'S AWARD

Prerequisites: Must have passed fifteenth birthday; test must not be completed before sixteenth birthday (ie. — the equivalent of two seasons), senior canoeing award, and senior Red Cross, and bronze medallion or equivalent.

Be able to:

1. Propel a submerged or swamped canoe to shore from 50 yds. out alone.
2. Shake out a canoe alone in water over candidate's depth with enough water out to permit successful re-entry of canoeists. (fifteen minutes allowed.)
3. Execute a canoe-over-canoe rescue alone.
4. (a) Handle a canoe alone in roughened water over a triangular course of at least one-quarter mile, keeping the paddle on one side in so far as practical.
   (b) Paddle in roughened water to a marker 50 yds. from starting point, touch it while going around it; return.
5. Do two figures of eight, paddling first on one side, then on the other.
6. Paddle Indian style, with paddle in the water, a distance of one-quarter mile.
7. Paddle five miles solo continuously in calm weather.
8. Show excellent paddling style and care of canoe equipment in all conditions. Report to be made of canoeist's capability and care of canoe equipment.
9. Instruct at least three persons in new work in canoemanship, so that they are able to pass the test for their class. (NOTE: Be prepared to demonstrate any of the recognized strokes listed previously, with superior style.
10. Assume responsibility under supervision for at least a two-meal overnight out-trip from the planning to the evaluation stages.
11. Prepare a canoe properly for portaging. Portage it one-quarter mile. (except girls; may be two if needed; ½mile for boys. Use 16′ canoe of approx. 70 lbs. weight).
12. Choose one of:
    (a) Construction of a practical facility for a typical canoe programme.
    (b) Write a short accurate essay on a subject pertinent to canoemanship; e.g. — recovering a canoe, critique of this, testing programme, etc.
    (c) an efficient and important canoe repair.
    (d) a written examination set by the Canoeing Standards Committee of the Ontario Camping Association or by the camp administrator.

turn to page 202

WISE CANOE TRIPPING

A talk given at the O.C.A. Conference, Toronto, 1960 by Garth A. Kaye, Director, Camp Voyageur

Why does a summer camp conduct canoe trips for its campers? This important question must be answered by the camp administration, and the answer must be stated positively and definitely before staff can be hired and before equipment can be purchased. It seems that there are camps that do not have a firm policy about tripping. Tripping is offered because it provides a break from the normal camp routine; because other camps have trips and we must compete; because someone on the staff thinks it would be a good idea to take out a trip. Reasons like these are not sufficient basis for a canoe tripping programme. Campers are denied the real benefits and enjoyment that can be had from a good tripping programme.

The canoe provides access to areas that cannot be reached by other means and thus provides the opportunity to see and learn about animals, birds, plants, weather, stars—in short, nature — in a way not possible in camp. The need for the skills of living together — co-operation, respect for others, self-reliance — is dramatically brought home to the camper on a canoe trip where a small group has to exist with no assistance from outside the group. Canoe tripping should be a means to an end rather than an end in itself.

When the tripping policy of a camp is to take advantage of these opportunities, many of the present practices will disappear. Too often the aim of a group on a trip is to go farther than the last group, or to cover the same distance in a shorter time. The result: making camp after dark; poorly prepared and inadequate meals; tired and irritable trippers; misuse of equipment; inadequate safety procedures and accidents.

The staff members must be made aware of the camp's policies when they are hired. If the applicant disagrees with the director on policy, he should not accept the job. As soon as he has been appointed trip counsellor, it becomes his duty to carry out, to the best of his ability, the policy of the camp regardless of his own ideas. It must be realized by all concerned that the trip counsellor on a trip is programme director, waterfront direc-

tor, canoeing counsellor, doctor, chief cook, mother, father and friend, all rolled into one person. This is a very responsible job and requires a person who, first, is an exceptional leader, and, second, has a high degree of competence in the physical skills of canoe tripping and water safety.

PLANNING THE TRIP

Who will be going? Camp policy dictates that it shall be those eligible for the tripping programme. Within the group of eligible campers there is a wide variation of ability and experience. The trip has to be planned with these factors in mind.

The length of the trip in terms of time and distance will be determined by the available routes, the age, experience and physical condition of the campers. The route should be too short rather than too long for the time alloted. Particularly on longer trips, one day in four should be allowed for lay-over. A lay-over may be necessary because of weather conditions, but otherwise provides a day for fishing, relaxing, enjoying the freedom of the out-of-doors.

Safety and emergency procedures must be spelled out in detail by the camp director before the trip leaves the camp. If strict swimming regulations are necessary in camp, then they are all the more necessary on a trip where we don't have well planned swimming areas and adequate life saving equipment. On the water, canoes must stay together so that assistance can be given in case of emergency. A canoe trip leader must constantly consider his position should a serious accident happen: could it have been prevented? Accidents usually happen on those trips conducted by two kinds of leaders — those at the bottom of the leadership ladder, who just don't know enough to be careful, and those far enough up the ladder that they consider themselves experts and don't need to exercise the required care. A canoe trip is not for the leader. Constant vigilance is necessary to prevent accidents, and must be exercised in such a way that the campers are not denied the fun of the trip. Nevertheless accidents can happen. In case of a serious accident, two able staff people are required — one to go as fast as possible for help, and the other to stay and supervise the rest of the group and to look after the injured camper.

Trips should be planned and equipped so that the campers come back to camp in better shape than when they left. There is no place for the "What's the matter, can't you take it?" attitude on the part of trip staff. Campers should be sorry that the trip is over rather than being glad that they are back in camp. If this is to be the case, the equipment taken has three requirements: to provide a comfortable camp, ease in portaging, and facility in packing and loading. The first requirement suggests a maximum, and the other two, a minimum of equipment. The problem is to find the happy medium.

Good sleeping conditions are of prime importance for the health of our trippers — there is no infirmary on a canoe trip. Flies, mosquitoes and rain present a constant problem during the summer months. The only satisfactory protection against these is a good tent. A tent, to be of use, must be light in weight and large enough to be comfortable on a stormy day. Sail silk tents, though expensive, answer both of these requirements. Another "tourist" item, well worth its three or four pounds, is an air mattress.

→

CAMP WATERFRONT PROGRAMS AND MANAGEMENT

Richard H. Pohndorf . . . $8.95

This is the up-to-date, all encompassing waterfront manual for camp directors, waterfront staffs and swimming coaches.

It covers general organization and administration; layout; health and safety standards; standards for boats, canoes, other watercraft; waterfront programs; rowing; canoeing and canoe trips; seamanship course and ratings; sailing; water skiing; developing artificial lakes and ponds.

DEVELOPING CAMP SITES AND FACILITIES

John A. Ledlie, Editor . . . $4.25

Applicable to any kind of camp, this guide to camp planning, development and maintenance tells what to do, and how to do it efficiently.

Recommended Procedures in Developing a Camp Project or Camping Services; General Layout of Camp Property; Good Practices in Establishing Living Quarters for Campers and Staff; Camp Program Facilities; Kitchen Layout and Food Services; Waterfront Layout and Aquatic Facilities; Recommended Layouts and Good Practices for Health and Sanitation; Procedures for Camp Maintenance.

LIGHT FROM A THOUSAND CAMPFIRES

Edited for the American Camping Association by

Kenneth B. Webb . . . $5.95

The complete story of organized camping—public, private, church and school—its purposes, problems and promise for the future . . . set forth in 95 articles by top-rank leaders of the camping movement from its early days to the present.

Order from your regular bookstore

G. R. WELCH COMPANY
LIMITED

For ease in loading and carrying, all equipment should be packed in similar sized pack sacks. There should be no loose article, cameras, shoes, paper bags, etc., to be put in the canoe at the last minute. These are frequently the things that are lost. In packing, care should be taken to ensure that such things as the first aid kit and rain gear can be easily obtained, if necessary.

WHAT ARE WE GOING TO DO ON THE TRIP?

This question does not even arise in the minds of many trip leaders, yet it is of prime importance to the conduct of a good trip. If we are going to make use of the opportunities presented, the question must be given careful consideration.

Frequently, nature lore is difficult to teach in camp because there is little or no motivation, and it smacks too much of school. In the bush, on a canoe trip, a knowledge of nature becomes useful and important. It ceases to be nature study, and becomes "knowing the bush". Why not lean against a balsam? What woods are good for kindling? What woods are good for cooking fire? Which ones will burn well when they are green? These are important questions on a trip. An elementary knowledge of meteorology can save a wet night. To be able to identify some of the birds we see and hear takes on a new interest. It is important to know what berries are edible, and to know that jewel weed is useful for treating poison ivy. Most people are interested in being able to name some of the stars and to pick out the major constellations.

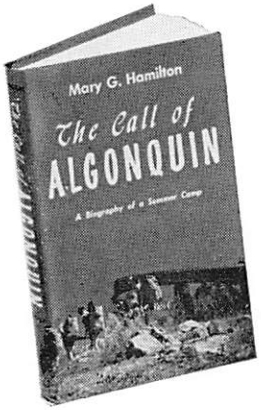
Trips should be planned so that time can be taken for informal sessions about nature whenever the opportunity arises. It is surprising how much can

turn to page 200

The Biography of A Summer Camp

THE CALL OF ALGONQUIN

by Mary G. Hamilton



Set in beautiful Algonquin Park, this absorbing account of Camp Tanamakoon, 1925-1953, will appeal to camper, counsellor, parent—and all who enjoy the adventure of life in the Canadian North. Here is a realistic picture of camp life—its joys; its problems; it possibilities and all the many facets that comprise the philosophy of camping. In addition, this book also contains a short history of organized camping, a chapter on the counsellor training camp in September and fifty photographs showing the life in rustic Algonquin.

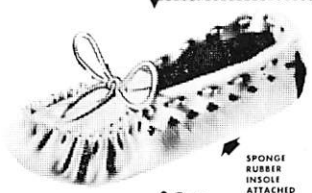
$4.00

THE RYERSON PRESS

299 QUEEN STREET WEST, TORONTO 2B

WASHABLE
YOUTH MOC

CAMPERS: take leather accessories you make yourself... wear moccasins for comfort...Tandy catalogue has several...also the knife sheath...bags, wallets & hats...many kits under $1.00...all Tandy kits complete ...top quality material...easy to follow instructions.



KIT COMPLETE **$2.25** PR

3 for $6.10
$ 22.50 doz.
$225.00 gross

COLOUR* *PALOMINO*

Children's Sizes: C5-6, C7-8, C9-10, C11-12, C13 1, C2-3

Order from your favorite Tandy store:

ALBERTA
EDMONTON, 9757 Jasper Street ..... GA. 4-5890

BRITISH COLUMBIA
VANCOUVER, 580 Howe Street ..... MU. 2-4813

MANITOBA
WINNIPEG, 232 Main Street ..... WH. 3-0096

ONTARIO
TORONTO, 107 King St. E. ..... EM. 2-4383
BARRIE, John St. ..... PA. 8-2481

QUEBEC
MONTREAL, 1218 Rue Drummond
(Corbeil-Hooke Building) ..... UN. 6-5144

THE MOST COMPLETE LEATHERCRAFT CATALOGUE

64 Pages Featuring

- ★ *Over 100 different kinds of leather*
- ★ *Over 25 books and instructions*
- ★ *Over 300 kits and projects*
- ★ *Tools and accessories*
- ★ *Thousands of other valuable items*

Tandy LEATHER COMPANY OF CANADA LIMITED

IF YOU HAVE NOT RECEIVED YOUR COPY OF THE TANDY-CLARKE & CLARKE CATALOGUE

SEND FOR YOUR COPY TODAY

Headquarters For Top Motion Picture Camp Entertainment

WARNER BROS. PICTURES
Distributing Company, Ltd.
16MM DIVISION

Now Available

A WIDE VARIETY OF MOTION PICTURE PROGRAMS
in English and French!

Extra 16 mm. Shorts • 16 mm. Cartoons • 16 mm. 2-Reel Specials

Contact Your Nearest
WARNER BROS. BRANCH

70 Carlton St.
TORONTO

12 Hazen Ave.
ST. JOHN

295 Colony St.
WINNIPEG

5957 Monkind Ave.
MONTREAL

2180 West 12th Ave.
VANCOUVER

704 8th Ave. W.
CALGARY

OUR "VANGUARD" STYLE
With Draining and Stacking Features

GET YOUR ORDERS IN NOW FOR BETTER ASSORTMENT

WILL HOLD FOR CAMP OPENING
LIMITED SUPPLY

Our Usual Pre-camptime
Offer of Substandards

AT OUR USUAL
Generous Discounts

ALL STYLES

MAPLEXWARE
STYLEWARE
VANGUARD
MODERNE

by Maplex

375 Danforth Road
Toronto 13, Ont.

NOW . . . .
JOIN IN THE SONG

Iris Milton,
Committee Member, C.G.I.T.

There is an old legend which tells of a palace which mysteriously emerges from the earth when a group of people all join in the same tune together. The singing of your girls at camp may not erect a palace where there might be a new dining hall, but it can form the back bone of a good camp programme.

Music can be fun. Watch the sparkle in the eyes of a group singing if you're in doubt about this.

Music can help create fellowship. One of the fastest ways to weld that collection of individual girls from different churches in different locations into a group is to have them sing together.

Music can change the mood of a group from hilarity to quiet worshipfulness, or the reverse. It is an expression of a feeling, and group feelings can be varied easily.

Music can teach. Watch for songs, the words and interpretations of which will contribute to a developing understanding of other cultures of people, or to a growing idea of God.

These things can happen when you plan carefully for the music in your camp. WHO DOES IT?

First, there's the counsellor responsible for leading the music. It isn't necessary to have a great musician, but you do need someone who likes helping others enjoy music. A sensitivity to the group, and a familiarity with songs which will fit and songs which will move the group can be invaluable. But don't despair if you don't see that person in the counsellor line-up. Leaders can be made.

The leader gives direction and so needs to be in control of the situation, ready to start the group together, ready to point out the tune and help keep the rhythm. A new or inexperienced song leader will want to start with familiar songs before attempting new ones. Practising in front of a mirror will give confidence.

A NEW SONG

1. A new friend usually is introduced with some interesting comment about the person. Do the same for a new song. Briefly tell about its origin or about the story it tells.

→

2. Whenever possible, a new song should be sung to the campers. If this seems difficult for some reason, have it played on an instrument.

3. The "trial run" by the girls may be just a hum till they become acquainted with the words and tune. Teach so that the words will be remembered and sung wholeheartedly without dependence on a book. Songs might as well be taught correctly too, so watch for little errors and correct them immediately.

THE SONG'S THE THING

Of course, the selection of songs counts for a great deal. Some songs serve their purpose as safety valves and let off steam. Other songs strike deep chords of thought and emotion. Plans may include a variety such as this:

fun songs—Capital ship (4)
action songs—Donkey Riding (31)
folk songs—Weggis Song (61)
rounds—Kookaburra (41)
part songs—the Instruments (19)
spirituals—Steal Away (77)
hymns—All Creatures of Our God and King (103)

These are all found in "Lift Your Voices"—see bibliography.

These are only examples of the wide variety available. Something is missing if new music isn't added to your camp programme and the lives of your campers.

SING—THE WHOLE DAY LONG

There are few occasions in camp when a song is inappropriate. You can sing your way along from the first gathering together in the morning, through grace at breakfast, songs after the noon meal, at interest groups, when you go hiking, at vespers and campfire, to a good-night song.

Some energetic leaders will even awaken the campers with a song like "Morning Comes Early".

Others will use a morning hymn of praise like "When morning gilds the skies" when the group comes for morning watch.

GRACE AT MEALS

What better way to express thanks for our daily food than through song? There are many simple graces which are suitable. Watch for them and use them.

BIBLE STUDY

Music will fit into the study of the Bible too. "Go Down Moses" may stimulate the thinking for a study of that great law giver who had to be pushed into doing his job. "Hushed was the evening hymn" may serve as a reminder that Samuel had an open ear, a lowly heart and a deep faith in order to hear the voice of God. Our selection of psalms will enrich a study of the book of Psalms in the Bible. One may feel that study of Jesus is not complete unless a familiar hymn is learned, like "O Son of Man, our Hero strong and tender".

SONGS AT MEALS

Many song leaders plan for a sing-song after the noon meal. For any song period it is advisable to have a selection made in advance. Start with a well known one where all sing together, before using rounds and dividing your group. A new song is good about half way through, when the group is "limbered up" and enthusiastic. Don't labour over a new one too long.

While the leader has a list of songs ready there are usually some requests from the group. There will be times also when the mood of the group may make it advisable to adapt plans and slip in one or two action songs to give vent to high spirits. Or, if the weather is hot and muggy, you may sing less boisterous ones and have a few minutes extra rest hour.

turn to page 195

"Be Prepared"
for
Fire's Sneak Attack

"Discover your Fire quickly
and automatically."
with
FALCON FIRE DETECTORS

•

Falcon Fire Protection
"Sounds for Safety"
BOX 127 - DON MILLS - ONTARIO

CRESTED AND PLAIN . . .

SWEATSHIRTS &
T-SHIRTS
CRESTS
PENNANTS

•

SPENCER BROS.
103 Richmond St. East,
TORONTO, ONT.
EM. 3-8958

FOR CAMPING EFFICIENCY & TIME-SAVING CLEANLINESS

- PAPER TOWELS
- PAPER SERVIETTES
- PAPER CUPS
- TOILET TISSUE
- DISINFECTANTS
- TOILET SOAPS
- FIRE EXTINGUISHERS
- CLEANING SOAPS
- WASTE RECEPTACLES
- DEODORIZERS
- WATER COOLERS

G. H. WOOD & COMPANY, LIMITED
TORONTO - MONTREAL - VANCOUVER
Branches Across Canada

No matter whether your campers bicycle, canoe, hike or ride horseback, you must have the best in Camping Insurance. And there's only one BEST — sold by the pioneers in this essential coverage.

Our policies cover

- Polio And Dread Diseases
- Epidemic
- Dismemberment
- Medical Reimbursement
- Accidental Death
- Tuition Refund

Best in Coverage **Best in Service**

THE SIGN OF GOOD SERVICE

VERMONT ACCIDENT INSURANCE

Rutland, Vermont, U.S.A.

Member American Camping Association

CAMPING SUPPLIES

Bedding
Blankets
Beds
Bed Spreads
Bedside Rugs
Flannelette Sheets
Mattresses
Mattress Covers
Mattress Pads
Pillows
Pillow Slips
Rollaways
Sheets
Springs
Steel Cots

Linen
Bath Towels
Dish Cloths
Face Cloths
Napkins
Table Cloths
Tea Towels

Name
Crested
Towels and
Pillow Slips

Kitchen Equipment
Can Openers
Coffee Equipment
Cutting Blocks
Cutlery
Dishes
Electric Stoves
Frying Pans
Gas Stoves
Glassware
Mixing Bowls
Ovenware
Pans
Pots
Potato Chippers
Toasters
Trays

Furnishings
Chairs
Clothes Racks
Draperies
Dressers
Mirrors
Rugs
Shower Curtains
Luggage Racks
Tables
Vanities
Waste Baskets

HOTEL & HOSPITAL SUPPLY CO. LTD.

Toronto

Head Office
1326 Gerrard Street East
HOward 5-1131

from page 192

INTEREST GROUPS

There will be some girls who will have a special interest in music. They may wish to prepare special songs for a camp fire programme, put on an opera, or learn to lead a sing-song. There are folk dances or singing games which go along with some of the tunes. They are fun to do, and add variety Listening to a good recording of a great piece of music, after a brief introduction can be a thrilling experience.

MUSIC IN WORSHIP

Camp may be a good opportunity to help girls find their way around the hymnary. One verse of a hymn is sometimes suitable for a call to worship. There are divisions according to theme. Some hymns are really prayers. Some are great peaks of consecration or dedication. Help the girls to see the different classifications of hymns. Use the best in the worship services at camp.

The hymns of our hymn books come from different nations through a period of many centuries. You may wish to use hymns from different periods of time or from different corners of our world in a special musical service of worship.

Incidentally, if there is a new hymn needed for the service of worship try teaching it during the sing-song period.

Remember, both words and music are important. When we sing at worship we offer our thoughts to God, and any offering to God should be the best of which we are capable.

INCIDENTAL MUSIC

Hiking will be a part of the camp programme to be prepared with a couple of good hiking songs like 'The Road to the Isles", "Swinging Along", and "Follow the Trail".

Antiphonal singing can be a special feature too. One group may be on one hill and the other across on a hill opposite, or one group on the water with the other on land. There's something very lovely about the voices drifting over the air from one group to the other.

CAMPFIRE

Campfire is traditionally a time for singing. Even though the group is somewhat scattered, in a variety of positions, and the voices tend to drift in the open air, there is magic in music around a fire. "Rise Up O Flame" seems to be an essential part of the first cracklings of the struggling flame. Songs of evening are plentiful and varied. Try some of these — the hymn "The Golden Day is Dying", the Bohemian "Good Night, Beloved", the Russian lullaby, the round "Whippoorwill", the parts joining melodiously in "Golden Slumbers".

Sometimes you'll help the group visualize the setting of the song. For example, mention the negro slaves stealing away in the dark after the masters have gone to bed, before singing 'Steal Away".

Yes, there's no doubt about it. Music is a big part of camp—when you plan for it.

Bibliography

—Lift Your Voices—Department of Chirstian Education, Canadian Council of Churches.
—Camp Interest Group Suggestions—Music
—Department of Christian Education, C.G.-I.T. Committee, Canadian Council of Churches.
—Hymnary.

—●

TASTY SUPPERS FOR HUNGRY CAMPERS

By Elizabeth Steen, B.Sc.H.E., R.P.Dt.

Now that summer is rapidly approaching, many plans for your camp are under way. This year, as every year, the problem of feeding your campers successfully will be on your mind. After a busy day out-of-doors, a tasty hot supper will have sure-fire appeal, especially when the evenings are cooler.

The following recipes have been used in my operation many times, and have proven to be both popular and economical.

Canned goods have been used in several of the recipes because they are easily stored and help speed up preparation time. In each case, large oven pans are suggested. The large pans save oven space as well as work in serving and dishwashing. However, in most cases individual casseroles may be used if desired.

It is wise to remember that when an oven casserole dish is on the menu, a dessert not requiring oven space should be used at the same meal to avoid overloading the ovens.

In the happy camp days ahead, I hope that these supper suggestions will prove to be helpful, and a source of enjoyment in your operation.

CHINESE OMELET — 96 Servings

Ingredients

	Amt. or Wt.
Rice	9 lbs.
Margarine	2 lbs.
Flour	3 cups
Milk	3½ Qts.

Ingredients

	Amt. or Wt.
Salt	6 Tbsp.
Mustard, Dry	6 Tbsp.
Cheese, Shredded Cheddar	8 lbs.
Eggs	7 dozen

Method:

Steam or boil the rice. Prepare a cream sauce with margarine, flour and milk. Add the salt, mustard and cheese, stirring until the cheese is melted. Add the cooked rice and well beaten egg yolks.

Fold in the stiffly beaten egg whites. Pour into well greased 11″ x 17″ baking pans (8 pans for 96). Bake in a moderate oven, 350° for 40 minutes

Cut each pan into 12 squares and serve hot.

turn to page 199

VAUNCLAIR PURVEYORS LTD.

50 Upjohn Road, Don Mills P.O., Ontario

Phone: HIckory 4-6601

"PORTION & QUALITY CONTROLLED MEATS"

THE TREND TODAY IS THE PORTION WAY

•

A complete line of fresh or frozen meats cut to your exact requirements. Ready for the oven, grill or stew. Consult us on your meat problems. We have a staff of experts at your service.

Distributed By — National Grocers, Orillia, Ont.

Refrigerated Truck Service — Twice Weekly

"THE HOUSE OF PERSONALIZED SERVICE"

CREATED FOR CANADIAN CAMPS

WASHABLE

DURABLE

INTERIOR — EXTERIOR

PAR-VIN

LATEX VINYL PAINT

- Odourless
- Tough and Flexible
- Excellent colour retention
- Aikali-resistant — immediately washable
- Blister-resistant
- Fast drying

WRITE FOR FREE COLOUR STYLING BOOKLET
TRADE PRICES AVAILABLE ON REQEUST

PARA PAINTS LIMITED

MANUFACTURERS

25 Racine Road, Rexdale (Toronto) Ontario — CH. 6-6641

STORE: 616 Yonge St., Toronto 5 — WA. 3-2468

SERVING HOME AND INDUSTRY SINCE 1915

Gestetner

Does ALL Your

CAMP PRINTING

Easily - Quickly - Economically

Camp Bulletins, Headings, Notices, Letters, Forms or Booklets—all your printing needs quickly and economically produced by Gestetner, the World's largest manufacturer of duplicating machines. A machine to suit every need and budget. Perpetual assistance and Free replacement of parts for Five years.

We invite you to write us:

GESTETNER (CANADA) LIMITED
117 King Street West
Toronto, Ontario

Offices in all Principal Cities

FOR
- **Economy**
- **Purity**
- **Popularity**
- **Simplicity Preparation**

KOOL-AID is the ideal product for out-trips—a thirst quencher for those break periods throughout the day.

Contact your regular supplier. Samples available on request from —

A. H. Sainsbury & Co. Ltd.
1491 Yonge Street, Toronto 7
WAlnut 2-4101

Kool-Aid

9 REFRESHING FLAVOURS

6¢ package makes 2 quarts!

J. H. Beattie
TORONTO

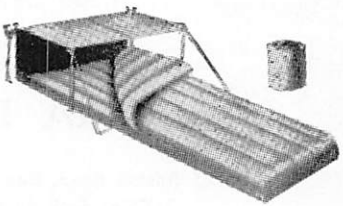
430 Eglinton Avenue West
Toronto 12 — Ontario

BOYS' CAMP CLOTHING AND EQUIPMENT

Every effort is made by the staff of J. H. BEATTIE to be sure CAMPERS arrive at camp fully equipped as requested by each camp. All clothing, bedding and equipment is carefully selected for durability and fit, at the most reasonable prices.

- **SEWING ON NAME TAPES**

Each boy's name sewn on all clothing and equipment purchased, at no extra cost to the customer. Customer to supply the name tapes.



Telephone
HUdson 1-4459

from page 196

CHICKEN FINALE — 100 Servings

Ingredients	Amt. or Wt.
Medium noodles (uncooked)	3 lbs.
Green Pepper, finely chopped	3 cups
Margarine	1 cup
Chicken broth	8 cups
Cream of mushroom soup (48 oz.)	4 cans
Cooked chicken, cut in strips	9 lbs.

Method:

1. Cook noodles until tender in 2½ gal. water to which ⅔ cup salt has been added; drain.
2. Cook green pepper in margarine until tender.
3. Add chicken broth, mushroom soup, noodles and chicken; blend well.
4. Pour into four steam table pans (12″ x 18″ x 2″) or individual Casseroles.
5. Bake 25 minutes in a hot ouven (400°F.)

CHOP SUEY — 100 Servings

Ingredients	Amt. or Wt.
Fresh pork, cubed	8 lbs.
Mushrooms, sliced	1 box
Onions, chopped	2 lbs.
Celery, Chopped	5 lbs.
Bean Sprouts, steamed	10 lbs.
Soya sauce	½ cup—¾ cup
Steamed rice	5 lbs.
Brown Gravy	1 Qt.
Salt to taste	

Method:

1. Brown and lightly flour cubed pork.
2. Add brown gravy and soya sauce.
3. Sautée sliced mushrooms and chopped onion.
4. Steam celery.
5. Add sautéed mushrooms, onions and steamed celery to pork mixture.
6. Bring to a boil and let simmer until done.
7. Wash rice and cook in steamer.
8. Serve hot chop suey over steamed rice .

CHILI CON CARNE — 100 Servings

Ingredients	Amt. or Wt.
Shortening	½ cup
Onion, finely chopped	2 lbs.
Garlic, mashed	2 oz.
Ground beef	10 lbs.
Chili powder	½ cup
Salt	2 tbsp.
Red pepper	1 tsp.
Black pepper	2 tsp.
Tomato purée (105 oz.)	1 tin
Red kidney beans, cooked (28, 20 oz. tins)	14 qts.

Method:

1. Melt shortening in a heavy pan, add onion, garlic and beef; brown lightly.
2. Add seasonings, tomato purée and beans.
3. Cook slowly about 30 minutes, stirring occasionally.

turn to page 201

from page 188

be seen and learned incidentally by being quiet on a portage. Even by taking a few minutes once or twice a day to write up a log of the trip, many questions will be asked. Watching for and pointing out things in nature is very contagious. Because of the informality of this type of teaching, staff must be very alert to take advantage of situations as they arise. Many good field guides to plants, birds, trees, rocks etc. are available, can be easily carried and are invaluable on a trip. It is a very exceptional person who is an expert on all phases of nature.

Camp should be made in good time every day — certainly no later than five o'clock — so there is time for a good swim and adequate preparations for the night. Campfires should be planned in the minds of the staff. Campers welcome the occasional serious discussion and it is surprising how much sound counselling can be done around a campfire. Again much of the success of a canoe trip campfire depends on its informality and the leadership given by a good counsellor. A good trip programme will not just happen; its success or failure depends on the calibre of the leaders on the trip. A canoe trip leader should be working, not holidaying, during the trip.

In closing, a comment about canoe trip etiquette.

How often do we find campsites that are littered with bottles, cans and garbage? How pleasant it is to come on to a site where the previous party had the courtesy to clean up and leave a small pile of firewood and a well-made fireplace. A motto that could well be adopted by every Canoe-tripping camp in the country is "We leave every campsite in better shape than we found it".

—•

Foodcraft

Extra QUALITY PAYS . . .

and that is verified by the confidence of our customers, which continues year after year.

Foodcraft specialized foods offer many unique advantages and they sum up to what you want — distinctive quality meals at minimum cost.

Personnel thoroughly experienced in camp procedure, is at your service day or night—just write, wire, or telephone collect. **Immediate Delivery.**

• **Specialized Foods** • **Specialized Service**

FOODCRAFT LABORATORIES LIMITED

58-60 Duchess Street, Toronto 2, Ontario

EMpire 8-8088

DISTRIBUTION ACROSS CANADA

from page 199

MUSHROOM CHEESE FONDUE — 100 Servings

Ingredients	Amt. or Wt.
Eggs, separated	5 doz.
Cream of mushroom soup (48 oz. size)	4 cans
Milk (48 oz. size)	2 soup cans
Shredded sharp process cheese	8 lbs.
Mustard, dry	4 tsbp.
Soft bread cubes	3½ lbs.

Method:

1. Beat egg whites until stiff.
2. Beat egg yolks until thick; combine with soup, milk, cheese, mustard, blend well.
4. Pour into 6 pans (12" x 18" x 2") until about half full.
5. Bake in a moderate oven (375°F.) for 1 hour, or until surface is dry.

While spices and seasonings are included, these recipes have been used successfully in a situation where highly seasoned food would not be acceptable. It is felt that they would be suitable at camp, but should, perhaps, be blander for younger campers. A camp cook will season them to the taste of the campers, as his or her experience dictates, especially when the ingredient is pimento, onion, garlic, sharp cheese, or mustard.

NORTHERN ONTARIO'S FINEST RECREATIONAL AREA, FROM NORTH BAY TO MOOSONEE, IS SERVED BY

ONTARIO NORTHLAND RAILWAY

For information on desirable areas for Camps in new territory apply to:

R. P. C. McLEOD,
Traffic Manager,
Ontario Northland Railway,
North Bay, Ontario.

BOAT ACCESSORIES
for every type of Water Craft

A complete line of equipment for every marine need carried in our showrooms —

SAILS - HARDWARE - ROPE - CANVAS - PAINTS - VARNISHES
GLUES and COMPOUNDS, Etc.

TOM TAYLOR LIMITED
The Best in Quality and Service
81 Front Street East **EMpire 3-8761-2** **Toronto, Ontario**

from page 185

13. Organize, conduct and evaluate, under supervision, one of:
    (a) Regatta.
    (b) Canoe demonstration.
    (c) Pageant involving canoes.
    (d) An equivalent canoeing event.
14. Outline verbally, safety requirements for these conditions:
    (a) instructional periods for various age groups.
    (b) recreational canoe periods.
    (c) examination conditions (canoe testing).
    (d) regattas.
    (e) out-trips.

INSTRUCTOR'S

Prerequisites: Must be 18 years of age.
Must be Senior Canoeist or higher.
Must have Royal Life Saving Society Bronze Medallion or higher, or have Red Cross Senior Swimmer Award.
Must have reference of experienced camping people, (two, at least).
If the candidate does not hold the Master Canoeist award, the following items must be completed from the Master Canoeist requirements: Nos. 9, 5, 10, 11, 13, 14, 12D.

Please note that "Be Able To" means DO, and "Know" means DO — Orally or Written.

MASTER CANVAS CRAFT CO.

MANUFACTURERS OF

TENTS, PACKSACKS, TARPAULINS,

THE "BARK LAKE" OUT-TRIP TENT

Size 5 ft. by 7½ ft. — No Poles Required

PHONE
CH. 1-2571

ALBION RD., R.R. 3
WESTON, ONT.

SUMMER CAMP

SEPTIC TANK CLEANING SERVICE

JEDCO

- Yearly contracts or emergency service
- Septic tanks, grease traps, drains
- Sanitary, odorless pumping trucks

JOHN E. DEAN CO. LTD.

5437 Yonge St., Willowdale, Ont. — BA. 5-8885

from page 181

colleagues, classes which have been together for some time, friendship groups and so forth. It is folly to ruin the prospect of the use of the method by mismanagement in the learning process.

4. Certain training devices are now available, and advice on the availability of these may be obtained from R.L.S.S., Ontario Branch. These, however, have not been necessary for successful instruction and should only be contemplated for use in difficult situations.

5. It is not essential to practice the method in order to learn it. However some experience is most useful in assisting a sincere participant to **appreciate the ease and effectiveness of the method.** It is also instrumental in **reducing any apprehension or skepticism** that may exist. **For these reasons, practice is strongly recommended.**

In conclusion it should be realized that this brief treatment of instruction problems is by no means either complete or final, unusual situations may well arise, and these will have to be met as they emerge. Advice may be sought from organizations who have undertaken to teach the direct method. Such organizations will also offer from time to time other useful ideas for successful teaching. In any cases judgment should be based on good common sense, so that this old and efficient direct technique can be learned and used by as many as possible as soon as possible.

Note: Enquiries regarding the use and propagation of the Direct Method of Artificial Respiration should be submitted in writing to the Ontario Branch, R.L.S.S., to the attention of the author of this article.

—●

The

Practical Canoe

"The Pine Crest"

DESIGNED
IN
REINFORCED
POLYESTER RESIN

This means low maintenance
and stability
Against Rough Usage
Over Long Trips

Length - 16′ Beam - 33″
Depth - 13″

WEIGHT ONLY 65 lbs.
FOR LIGHT-WEIGHT
PORTAGING

Special Discount to Camps

P.L.M. Plastics, Limited
(Marine Division)
119 FERMANAGH AVENUE
TORONTO 3, ONT.
LE. 5-8715

HOW DOES YOUR WATERFRONT RATE?

Kirk A. W. Wipper, Director, Camp Kandalore.

The check list below cannot be considered an exhaustive one, but it is one which I believe to be pertinent to the interests of the well established camp that has a waterfront programme. Of course, some items will not apply to one or the other type of camp, but in any case, wherever people are associated with activities relevant to waterfronts, the vast majority of pointed questions below should be significant.

There will perhaps be a few who will treat this "check list" lightly and say to themselves, "But we have never had a serious water accident at our camp!" Statistics, however, tell us quite a different story! Almost every year some camp somewhere has a serious accident which may be recorded as a "first". Although, in most cases, blame may not be attached to the camp administration, yet somehow there must be a way for us to improve our camp to a point, even beyond the remotest accident possibility level. Let us see then "How does your Waterfront Rate?"

PLANNING THE NEW WATERFRONT

Yes No

- Are you certain that you have clean fresh water?
- Is the bottom of the area firm, sandy and *gradual* in slope?
- Have you a stretch of sandy beach or grassy verge leading up to the water?
- Are there dangerous cliffs close to your waterfront?
- Is the water usually calm?
- Have you checked with local residents about ice conditions and what it might do to a permanent docking system?
- Have you enquired about water level changes during the summer?
- Is the prospective waterfront area free from excessive wind, dangerous currents, undertow or tides?
- Have you checked to make sure that at no time are domestic animals permitted to wade in or near your prospective waterfront area?

THE ESTABLISHED WATERFRONT AREA

Yes No

- Have you arranged to have your waterfront carefully checked for newly acquired hazards, such as roots, stumps, deadheads, etc.?
- Have you arranged to clear away any new accumulation of weeds?
- Have you made plans to remove a movable rock that has previously not had attention due to lack of time?
- Have you checked the planking on your docks?
- Have you inspected movable parts, such as hinges, diving board fixtures, etc.?
- Are your floating drums free from leaks and your supporting dock logs sound and buoyant?

→

Yes No Have you set up a defence against swimmers moving under the docks and becoming lost or entangled in "under dock construction"?

Have you thoroughly examined and measured your *one approved* diving area to make certain that under your 1 metre board there is a minimum of nine feet of water, and under your 3 metre board there is at least twelve feet?

Have you similarly checked your beginner area for a depth of 3 to 3½ feet, your intermediate area for a depth of 3½ to 7 feet, and your senior area over 7 feet?

PERSONNEL AND PROGRAMME

Yes No Has your waterfront director professional rating? Has your waterfront director Red Cross and Royal Life Saving Society or Y.M.C.A. qualifications?

Is he absolutely conscientious and responsible?

Has he personality as a teacher?

Has he a thorough and practical knowledge of camping as well as waterfront activity?

Has he confidence and does he display some sense of loyalty to you and the camp?

Have you tried to select other staff members who are qualified to serve on the waterfront as responsible assistants?

Have you provided the waterfront director with a reasonably accurate summary of the age and number of campers?

Have you given him a summary of the equipment on hand or what equipment has been purchased?

Have you outlined clearly to the waterfront director what you expect of him; i.e., checking patrols, equipment, progress of swimmers, awards, etc., judgment in case of bad weather, etc.?

Have you established with your waterfront director and *all* other staff members a set of rules and regulations which can be consistently adhered to through all phases of the camp session?

Is your checking system thoroughly satisfactory, or should you ask for help in its revision?

Are you providing your waterfront director with time and opportunity to train the staff (particulaly waterfront assistants), in methods of instruction, technique of teaching, water safety, artificial respiration, etc.?

Are you making plans well ahead of time for major events, such as regattas, aquacades, etc.?

For these events have you selected items which are not unduly hazardous to participants?

Have you selected events within the capacity of participants?

Can all items within your special events be readily supervised?

Can you be consistent in your waterfront rules and regulations in your plan for special events?

Have you arranged for a pre-camp training session in which you and your waterfront director can discuss plans for the summer's waterfront activity with other members of the staff?

—●

Make it a requirement that all campers' clothing and belongings are marked with

Cash's NAMES WOVEN

Camp linen and equipment, too, should be marked to avoid confusion and loss. Names, numbers, or special markings can be supplied.

Ask for details of our special service to Camp Owners and Operators.

order CASH'S WOVEN NAMES from dealers, or

CASH'S, Belleville 32, Ontario

Name:	**3 doz. $1.80**	**6 doz. $2.40**
Prices:	**9 doz. $3.00**	**12 doz. $3.50**

SPECIALISTS

in

Camp Medical Supplies

and

First Aid Kits

A convenient **Special Pre-Written Order Form** for requisitioning your camp medical supplies is FREE on request.

Write or Phone . . .

Ingram & Bell
LIMITED
TORONTO

Montreal - Winnipeg
Calgary - Vancouver

from page 179

of a child—be he a camper or city-bound. How the animals may be studied, caught and preserved in terrarium and aquarium is expounded in this small book which should have a very large appeal. It is particularly slanted toward grades 3-9, unlike the book mentioned above which is strictly for rather well-informed adults. G. R. Welch & Son, Publishers, Toronto, $1.75 (paper); $3 (cloth).

LIGHT FROM A THOUSAND CAMPFIRES

Edited by Kenneth Webb

Now here is a book to treasure, to gloat over and to make you glad you are a camp director — or counsellor. But beware! it will make you humble. You directors who pride yourselves on your camp, your staff, your facilities, your programme—take care! It is a book to make you think, to make you beat your breast and make you wonder What Am I Doing In Camping, For Heaven's Sake?

Kenneth Webb is a name to conjure with in camping circles in the first place. (If you have not read his "Summer Magic" you shouldn't be in camping at all). This is a compilation of what he considers excellent material from Camping magazines of the past, and if you don't agree with his choice, I miss my guess.

Fighting our way through the welter of new material on camping, we come up for air and find Kenneth Webb's book. What a blessed relief! Buy this book, read it, think about it, talk with counsellors about it—and then read it again. And thank your lucky stars that there are still so many people who believe in camping! G. R. Welch & Son, Publishers, Toronto, $5.75.

—●

from page 177

In Montreal, delegates from Quebec, The Maritimes, Manitoba, Saskatchewan, Ontario and the United States pow-wow-ed about your magazine and urged that editorial committees be appointed in each province to take a responsible part in the collecting and writing of articles and submitting them to the Editor for approval by the Central Editorial Committee.

An extreme interest in Camp Standards and Accreditation showed itself at the Mount Royal Hotel, when a group of members from all provinces met to plan for the future. It was agreed by Q.C.A. members that camp visiting should continue in that province, to follow the experimental lead of the Ontario group. Those from Manitoba indicated that their Standards Committee had already set up standards, and will continue to follow in the footsteps of Quebec and Ontario. Other provinces are also showing interest in this direction, due to the general concensus that an extensive educational programme by the provincial associations, rather than provincial legislation, is much to be preferred by camping people in Canada.

No longer is camping an individual, or even a provincial, project. It is nationwide. It is an essential part of our Canadian life, and each one of us must be big enough to give our best to its progress, and to use every good means available to publicize the aims of C.C.A. and the values of camping to coming generations. The annual Camping Convention is now an established event in all parts of Canada. Another summer of progress lies before us, with, we hope, wider representation in 1961 from the provinces at the C.C.A. conference in Toronto. Thus we can consolidate our aims, and work towards "better camping for all".

—●

GUMPERT HAS EVERYTHING

Trip Lites
Cream Desserts
Fruit Drinks (Liquid and Dehydrated)
Griddle & Waffle Mix
Spaghetti Sauce
Soups (Liquid and Dehydrated)
Gelatine Desserts
Instant Mashed Potatoes

FOR THE FINEST IN FOODS
GUMPERT
HAS EVERYTHING

S. GUMPERT CO. OF CANADA, LTD.
31 BROCK AVE., TORONTO LE. 1-5758

Wholesale Medical Supplies . . .

Medical Equipment
First Aid Requirements
Drugs and Medicines

●

Low Prices Fast Service

●

STARKMAN CHEMISTS
459 Bloor St. W. - Toronto
WA. 2 - Twenty-One - Twenty-One

It's Wise *To Supervise*

A DISCUSSION ON STAFF
SUPERVISION IN SUMMER CAMPS

COMPILED AND EDITED BY

ALAN KLEIN,
Professor Graduate School of Social Work, University of Pittsburgh.

and

IRWIN HALADNER,
Director, Camp Wabi-Kon

●

Endorsed and Distributed by . . .

The Ontario Camping Association

Order Now — $1.00 per copy.

●

Published by

THE CANADIAN CAMPING MAGAZINE COMPANY

---------- CLIP AND MAIL ----------

Ontario Camping Association
93 Yorkville Avenue, Toronto, Canada

Please send me.....copies of "It's Wise to Supervise"—$1.00 per copy.

Name.....

Address.....

☐ I enclose cheque or money order to cover cost.
☐ Please bill me.

from page 169

In recent years we have relearned something else. Erickson refers to it as the developmental stage of industry in latency (school age) which, if not achieved results in feelings of inferiority. Moser paraphrasing Hasighurst speaks of the positive attitude to work. Recent studies indicate that groups must have goals — toward which they work — groups and individuals without tasks are likely not to develop personalities or to grow.

This has lead some youth workers today to suggest that all groups with which we work must have some definite purpose towards which they work.

One of the key factors, which I think we neglect, is that of programme.

Many camps engage a dietitian — why? Because a trained dietitian knows which foods in what combinations produce a balanced diet for bone building, muscle building, energy, etc. Then they hire a programme director. His or her skill in devising a programme menu should be as precise as the dietitian's. You would be appalled if your dietitian served constant large helpings of sweets and starches because "that's what the children like" — or served spicy delicatessen nightly even though many campers awoke with cramps and bad dreams.

Why is it presumed that **any** programme is good **or** that a programme director needn't know one from the other? You lads and lassies from Physical Education — you are fine cooks but untrained as dietitians in most instances.

To the extent that one understands the characteristics of activity can one select programme for the purpose or for reaching your objectives.

turn to page 210

STURGEONS

PAINTS

SOLIGNUM STAINS

A FULL LINE OF PROTECTIVE COATINGS FOR YOUR CAMP

9 Sturgeon Rd. Scarborough **PLymouth 5-1171**

Leather . . .

for

Camp Craft

- SCRAP PIECES
- MOROCCO and
- HIDES

ENCHIN LEATHER SUPPLIES

466 Bathurst St. • Toronto

WA. 4-3804

Tie a string around the finger to remember that World Refugee Year continues its appeal during the summer. Campers will enjoy donating part of the church collection, or raising funds through some kind of special project which always adds spice to the camp programme. Cheques should be made payable (at par in Toronto) to: WORLD REFUGEE YEAR, 113 ST. GEORGE STREET, TORONTO 5.

MANUFACTURER'S CLEARANCE

1,400 **table, floor, and wall lamps** suitable for camps. Greatly reduced to clear @ **$1.00 up**

50,000 **yards of "Boomdoggle"** (plastic lacing) @ **$7.50 per 1,000 yards.** Assorted colours.

WM. ENGEL CO. LTD.

245 Bridgeland Ave., Toronto 19, Ont. — RU. 7-0361

OUR FRIENDS . . .
The Advertisers

American Camping Association
Inside Back Cover
J. H. Beattie 198
Canadian Camping Magazine Co. 208
J. & J. Cash (Canada) Ltd. 206
Continental Casualty Co. Outside back cover
Croce & Lofthouse 181
John E. Dean Co. Ltd. 202
Diwalt Sales Ltd. 160
T. Eaton Co. Ltd. 159
Enchin Leather Supplies 209
Wm. Engel Co. Ltd. 209
Falcon Fire Protection 193
Foodcraft Laboratories Ltd. 200
Gestetner (Canada) Ltd. 198
Gibbons Foods Ltd. .....Inside Front Cover
S. Gumpert Co. of Canada Ltd. 207
Hotel & Hospital Supply Co. Ltd. 194
Ingram & Bell Ltd. 206
Kool-Aid 198
Maple Leaf Plastics Ltd. 190
Master Canvas Craft Co. 202
McKague Chemical Co. Ltd. 161
Milko Products Ltd. 163
O'Day Associates of Canada Ltd. 166
Ontario Northland Railway 201
Para Paints Ltd. 197
PLM Plastics 203
Ryerson Press 189
Spencer Bros. 193
Stafford Foods Ltd. 164
Starkman Chemists Ltd. 207
Sturgeons Ltd. 209
Superior Propane Ltd. 162
Tandy Leather Co. 189
Tom Taylor Co. Ltd. 201
Vaunclair Purveyors Ltd. 197
Vermont Accident Insurance Co. 194
Warner Bros. Pictures Dist. Co. Ltd..... 190
G. R. Welch Co. Ltd. 188
G. H. Wood & Co. Ltd. 193

CLASSIFIED ADVERTISING RATES:

Ten cents a word, minimum four dollars. All classified advertising payable in advance. Address all correspondence to "Canadian Camping", 170 Bloor Street West, Toronto, Ontario.

CLASSIFIED ADVERTISING

General Counsellors, Unit Heads, specialists and kitchen steward wanted for co-ed camp in Laurentians.—PEMBINA CAMP, 4792 Victoria Ave, Montreal.

from page 209

The task is one of selecting activities with maximum impact in the desired direction. Even if you can't do that, at least you can avoid programme that is harmful. It strikes me that often the institutions that are most interested in the spirit pay far more attention to the bodily needs than to the spiritual ones in the way they run their camps.

To have a happy camper there must be a happy camp. A happy camp is based upon three major factors:

1. Common agreement with the goals.
2. Conviction that the leadership will help us reach our goals.
3. Agreement that the methods being used will get us to where we want to go.

This is the essence of morale.

—●

Please Note!

Bill 32 of the 1st session of the 26th Legislature of Ontario states that "Section 61 of the Public Lands Act, as amended by Section 2 of the Public Lands Amendment Act of 1955 is further amended by adding thereto the following subsection:

"Where public lands over which a portage has existed or exists have been heretofore or are hereafter sold or otherwise disposed of under this or any other Act, any person travelling on waters connected by the portage has the right to pass over and along the portage with his effects without the permission of or payment to the owner of the lands, and any person who obstructs, hinders, delays or interferes with the exercise of such right of passage is guilty of an offence, and on summary conviction is liable to a fine of not more than $100."

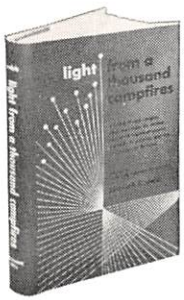
CAMPING BOOKS

LIGHT FROM A THOUSAND CAMPFIRES

The problem of expanding population and its possible effects on camping
The place of religion in camping
How camps can be used the year-round
What goes into a well-balanced camp program
What counselors feel are the most important factors in maintaining a contented staff
Camp as a return to nature for children brought up in urban culture
How to realize a camper's potential through your program
The rewards from working with handicapped children
How to sustain the positive effects of camping throughout the year

And more . . .

For this and many reasons, you'll want to own LIGHT FROM A THOUSAND CAMPFIRES. In its glow, you will find light shed upon a whole new world—a world of comradeship, joy, strength, romance, laughter, beauty and understanding. Camping is the cultivation of the richest potential of the human spirit. For anyone whose lively curiosity sparks an interest in all that concerns children, this book will have a deep and lasting significance.



$4.95

"CAMPING IS EDUCATION"

We have no question but that this will prove to be a classic of camping literature. Many letters of praise have been received, one of which states that "the message contained is of such an important nature that it should be mailed to every person in the country connected with education."

75¢

●

THE UNIQUE MISSION OF THE SUMMER CAMP

In the words of Fred Rogers, ACA President: "Would that every camp related person might read this beautiful treatise on camping. In these days of materialism, urbanization, mechanization, conformity, and superficial living, it is good to have the Dean of Camping, C. Walton Johnson, bring into clear focus the real purpose, philosophy, and mission of the summer camp."

75¢

ALL THREE CAN BE ORDERED FROM

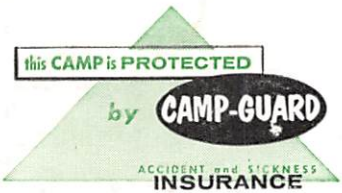
The American Camping Association

MARTINSVILLE, INDIANA

INCREASING RESPONSE

for

CONTINENTAL'S CAMP-GUARD PLAN



HAS GUARANTEED ITS

AVAILABILITY

FOR ANOTHER YEAR

DISPLAY THIS SYMBOL
STICKERS AVAILABLE FOR YOUR STATIONERY

A choice of plans for all organizational, church and private camps providing broad medical expense protection for each accident and each sickness at low cost group rates for both campers and staff members.

Put **CAMP-GUARD** on your programme. Display this symbol and let parents know your camp is covered. This symbol of outstanding coverage assures them you take added interest in your camper's welfare, by providing a **CAMP-GUARD** accident and sickness plan.

Your local insurance agent will help you choose the right plan for your camp; or write our nearest office for full particulars.

CONTINENTAL CASUALTY COMPANY

SPECIAL RISKS DIVISION

640 West Hastings Street	160 Bloor St. East	1510 Drummond Street
VANCOUVER	TORONTO	MONTREAL
MUtual 6381	WAlnut 4-4692	Victor 9-5306

404 Imperial Bank Bldg. — EDMONTON — 24642